



Mint & Sweet Onion Lamb Shoulder

with Cauliflower Gratin, Lemon Potatoes & Garlicky Greens

Grab your Meal Kit with this symbol



Cauliflower



Garlic & Herb Seasoning



Mint



Garlic



Slow-Cooked Lamb Shoulder



Onion Chutney



Grated Parmesan Cheese



Panko Breadcrumbs



Potato



Lemon



Chicken-Style Stock Powder



Green Beans



Cavolo Nero Kale

Hands-on: 35-45 mins
Ready in: 45-55 mins

For tonight's dinner, we've done the hard bit for you by slow cooking this lamb shoulder to meltingly tender perfection using the famous 'sous vide' technique. Finished off in the oven for a crisp and golden-brown coating, then paired with a moreish mint and onion chutney sauce, we just know you'll love this one!

Pantry items

Olive Oil, Butter, Plain Flour, Milk

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Small baking dish · Medium baking dish · Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
garlic & herb seasoning	1 sachet	1 sachet
mint	1 bunch	1 bunch
garlic	2 cloves	4 cloves
slow-cooked lamb shoulder	1 packet	1 packet
onion chutney	1 packet (40g)	2 packets (80g)
butter*	20g	40g
plain flour*	1 tbs	2 tbs
milk*	¾ cup	1½ cups
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
panko breadcrumbs	½ packet	1 packet
potato	2	4
lemon	½	1
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
green beans	1 bag (100g)	1 bag (200g)
cavolo nero kale	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3497kJ (836Cal)	461kJ (110Cal)
Protein (g)	52.3g	6.9g
Fat, total (g)	32.3g	4.3g
- saturated (g)	15.8g	2.1g
Carbohydrate (g)	77.9g	10.3g
- sugars (g)	20.8g	2.7g
Sodium (mg)	1932mg	255mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the cauliflower

Preheat the oven to **240°C/220°C fan-forced**. Cut the **cauliflower** into small florets, then place into a small baking dish. Drizzle with **olive oil** and sprinkle with the **garlic & herb seasoning**. Toss to coat, then roast the **cauliflower** until tender and brown around the edges, **15 minutes**.



Make the lemon potatoes

While the gratin is baking, bring a medium saucepan of lightly salted water to the boil. Cut the **potato** into large chunks. Zest the **lemon** to get a pinch, then slice into wedges. Cook the **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return the **potato** to the saucepan. Add a drizzle of **olive oil**, a generous squeeze of **lemon juice**, the **lemon zest**, **chicken-style stock powder** and a splash of **water**, then toss to coat. Transfer to a serving dish.



Cook the lamb shoulder

While the cauliflower is roasting, pick and roughly chop the **mint** leaves. Finely chop the **garlic**. Remove the **slow-cooked lamb shoulder** from the packaging and place in a medium baking dish. Pour the **liquid** from the packaging over the lamb. Cover with foil and roast for **12 minutes**. Remove from the oven, then turn the **lamb**. Stir the **onion chutney**, **mint** and 1/2 the **garlic** into the liquid surrounding the lamb. Cover with foil and roast until browned and heated through, a further **12-13 minutes**.



Cook the garlicky greens

While the potato is cooking, trim the **green beans**. Roughly chop the **cavolo nero kale**. Wash and dry the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **green beans**, tossing, until softened, **4-5 minutes**. Add the **kale** and remaining **garlic** and cook until wilted, **1-2 minutes**. Season to taste and transfer to a serving dish.



Make the creamy sauce

When the cauliflower has **5 minutes** cook time remaining, heat a large frying pan over a medium heat. Cook the **butter** and **plain flour**, stirring, until a thick paste forms, **2 minutes**. Remove the pan from the heat and slowly whisk in the **milk** until smooth. Stir in the **grated Parmesan cheese** and a pinch of **pepper**. Pour the **creamy sauce** over the **cauliflower** in the baking dish. Sprinkle with the **panko breadcrumbs** (see ingredients) and drizzle over **olive oil**. Bake until golden and bubbling, **10-15 minutes**.



Serve up

Slice the lamb shoulder. Bring everything to the table. Help yourself to some lamb, cheesy cauliflower gratin, lemon potatoes and garlicky greens. Spoon the mint and sweet onion sauce over the lamb to serve.

Enjoy!