



Dukkah-Crusted Lamb Shortloin

with Feta & Oregano Roasted Veggies

Grab your Meal Kit with this symbol



Potato



Beetroot



Oregano



Garlic



Broccolini



Dukkah



Lamb Shortloin



Greek-Style Yoghurt



Feta

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Get a little fancy with this prime cut of dukkah-crusted lamb shortloin and an exquisite array of herbed roast veggies. Packed with loads of colour and flavour and with an added delight of decadent self-saucing pudding for dessert, this is a feast for the ages!

Pantry items

Olive Oil

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
beetroot	1	2
oregano	1 bunch	1 bunch
garlic	2 cloves	4 cloves
broccolini	1 bunch	1 bunch
dukkah	1 sachet	1 sachet
lamb shortloin	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
feta	1 block (50g)	1 block (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2880kJ (689Cal)	502kJ (120Cal)
Protein (g)	61.8g	10.8g
Fat, total (g)	27.0g	4.7g
- saturated (g)	11.2g	1.9g
Carbohydrate (g)	47.2g	8.2g
- sugars (g)	12.2g	2.1g
Sodium (mg)	883mg	154mg

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.

Fancy a drop?

We recommend pairing this meal with Cabernet Sauvignon or Merlot



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Cut the **beetroot** (unpeeled) into 1cm chunks. Pick the **oregano** leaves. Place the **potato** and **beetroot** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast for **20 minutes**. Remove the tray from the oven, then add the **oregano** and toss to combine. Return to the oven and roast until tender, **5-10 minutes**.

TIP: Cut the veggies to size so they cook in time.



Cook the lamb

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **lamb** for **3-4 minutes** on each side for medium or until cooked to your liking. Transfer to a plate to rest for **5 minutes**.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Trim the ends of the **broccolini**. Spread the **dukkah** over a plate. Pat the **lamb shortloin** dry with a paper towel, drizzle with **olive oil** and season with **salt** and **pepper** on both sides. Press the **lamb** into the **dukkah** and turn to coat on both sides. Set aside.



Cook the broccolini

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Add the **broccolini** and a dash of **water** and cook, tossing occasionally, until tender, **5-6 minutes**. Season to taste.

TIP: Add dashes of water as you go to help the broccolini cook evenly!



Make the garlic yoghurt

In a large frying pan, heat a drizzle of **olive oil** and the **garlic** over a medium-high heat. Cook until fragrant, **1 minute**. Transfer the **garlic oil** to a small bowl, then add the **Greek-style yoghurt** and whisk to combine. Season to taste and set aside.



Serve up

Slice the dukkah lamb shortloin. Crumble the feta over the roasted veggies. Divide the lamb, feta and oregano-roasted veggies and broccolini between plates. Serve with the garlic yoghurt.

Enjoy!



Classic Chocolate Self-Saucing Pudding

with Strawberries & Cream

Grab your Meal Kit with this symbol



Chocolate Pudding Mix



Strawberries



Longlife Cream

 Hands-on: **10-20 mins**
Ready in: **40-50 mins**

Finish your gourmet feast with the very best kind of chocolate pudding – a self-saucing one! Cakey on top and with a rich chocolate sauce underneath, it's an indulgent dessert that never fails to please.

Pantry items

Butter, Eggs, Milk

Before you start

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

You will need

20cm baking dish

Ingredients

	4 People
butter*	80g
eggs*	2
chocolate pudding mix	1 packet
milk*	100ml
boiling water*	1¼ cup
strawberries	1 punnet (250g)
longlife cream	½ bottle (125ml)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2670kJ (637Cal)	1020kJ (243Cal)
Protein (g)	10.5g	4.0g
Fat, total (g)	30.3g	11.5g
- saturated (g)	18.2g	6.9g
Carbohydrate (g)	78.5g	29.9g
- sugars (g)	67.3g	25.7g
Sodium (mg)	283mg	108mg

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Get prepped

Preheat the oven to **180°C/160°C fan-forced**. Melt the **butter** in the microwave or in a small saucepan. Reserve 2 tbs of **chocolate pudding mix** and set aside.



Combine the ingredients

Crack the **eggs** into a large mixing bowl. Add the remaining **chocolate pudding mix**, the **milk**, melted **butter** and a pinch of **salt**. Stir together until well combined.



Transfer the mixture

Pour the **pudding mixture** into a 20cm baking dish. Evenly sprinkle over the reserved **chocolate pudding mix**, then slowly pour the **boiling water** over the back of a large metal spoon to cover the pudding.



Bake the pudding

Bake the **pudding** until the outside is just set and the centre has a wobble, **35-38 minutes**. Remove from the oven and rest the pudding for **5 minutes**.

TIP: *The wobbly centre creates the sauce!*

TIP: *The pudding will continue to cook as it rests.*



Prep the strawberries

While the pudding is resting, roughly chop the **strawberries**.



Serve up

Divide the chocolate self-saucing pudding between plates. Serve with the strawberries and **longlife cream** (see ingredients).

Enjoy!