



# Red Wine Glazed Lamb Shank

with Honey Rosemary Carrots and Roast Potatoes

Premium 45 Minutes

Nº 26



Potatoes



Plain Flour



Lamb Shank



Rosemary



Garlic Clove



Tri-coloured  
Chantenay Carrots



Honey



Red Wine Jus Paste



Cavolo Nero

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray, Two Saucepans, Colander, Fine Grater (or Garlic Press) and Measuring Jug.

## Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Plain Flour <b>13)</b>	8g	12g	16g
Lamb Shank <b>10)**</b>	2	3	4
Rosemary**	½ bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Tri-coloured Chantenay Carrots**	1 small pack	1 large pack	2 small packs
Honey	1 sachet	2 sachets	2 sachets
Water for Lamb*	200ml	300ml	400ml
Red Wine Jus Paste <b>10) 14)</b>	1 pot	1½ pots	2 pots
Cavolo Nero**	1 small pack	1 medium pack	1 large pack

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>816g</b>	<b>100g</b>
Energy (kJ/kcal)	3019/722	370/89
Fat (g)	35	4
Sat. Fat (g)	15	2
Carbohydrate (g)	60	7
Sugars (g)	9	1
Protein (g)	44	5
Salt (g)	2.32	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**10)** Celery **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Parboil!

Preheat your oven to 220°C. Fill and boil your kettle. Pour a good glug of **oil** onto a baking tray (to completely cover the bottom) and pop into your oven. Pour the boiling **water** into a large saucepan on high heat with ½ tsp of **salt**. Peel the **potatoes**, chop them into 3cm chunks and add them to the boiling **water**. Cook for 5-6 mins - until the edges have softened when you poke them with a knife.



## Roast the Potatoes

Once the **potatoes** are ready, drain them in a colander then pop back into the pan, then sprinkle on the **flour**. Give your pan a shake to fluff them up. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it and turn in the **oil**, before spreading them out in a single layer. Season with **salt**, then roast on the top shelf of your oven until golden, 30-35 mins, turn halfway through.



## Lamb

Meanwhile, open the pack with the **lamb shanks** and transfer the contents to another large saucepan. **TIP: Make sure you scrape out all the juice and jelly from the packet - it's your sauce!** Pop the pan onto a medium heat and cover with a lid or foil. Leave to bubble away for 15 mins.



## Carrots

Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Peel and grate the **garlic** (or use a garlic press). Chop the **Chantenay carrots** lengthways. Sprinkle over the **rosemary** along with the **honey** and a drizzle of **oil**. Season with **salt** and **pepper**. 15-20 mins before the **roasties** are ready, pop your **Chantenay carrots** on the bottom shelf of your oven and roast until they're golden and tender.



## Glaze it Up

Once the **lamb** has been bubbling away for 15 mins, remove the lid or foil, pour in the **water** (see ingredients for amount) and stir in the **red wine jus** to dissolve. Bring back to the boil and use a dessert spoon to baste the **lamb shanks** with the **sauce**. Simmer the **sauce** and repeat basting every 2 mins or so for 10-15 mins. The **sauce** will get stickier as it reduces and make the **lamb shanks** sticky and shiny! Increase the heat if the **sauce** doesn't thicken.



## Serving Time

Six or 7 mins before the **roasties** and **carrots** are ready, place a medium frying pan on a medium-high heat. When hot, add the **cavolo nero** and a splash of **water**. Season with **salt** and **pepper** and stir-fry until wilted and tender, 2-3 mins. Add the **garlic** and cook for a further minute. Share the **cavolo nero** on your plates and place the **lamb shanks** alongside. Share your **carrots** and **potatoes** between your plates and pour over the **gravy**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.