

# **Roast Lamb**



with Garlicky Swede and Cabbage Gratin, Roasties and Rosemary and Balsamic Gravy

PREMIUM Hands on Time: 45 Minutes • Total Time: 75 Minutes















Panko Breadcrumbs



Rosemary

Hard Italian Style Grated Cheese







Crème Fraîche



Lamb Roasting Joint



Balsamic Vinegar



Chicken Stock Powder

# **Before you start**

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

#### Basic cooking tools, you will need:

Baking Tray, 2 Large Saucepans, Fine Grater (or Garlic Press), Colander, Baking Tray and Measuring Jug.

### 2|3|4 People-Ingredients

· · ·	_		
	2P	3P	4P
Potato**	900g	1.15kg	1.4kg
Swede**	1	1½	2
Garlic**	1	1	2
Rosemary**	½ bunch	¾ bunch	1 bunch
Panko Breadcrumbs <b>13)</b>	10g	15g	20g
Hard Italian Style Grated Cheese 7) 8)**	1 pack	1½ packs	2 packs
Flour 13)	24g	36g	48g
Chopped Savoy Cabbage**	1 bag	2 bags	2 bags
Crème Fraîche <b>7)</b> **	150g	200g	300g
Lamb Roasting Joint**	450g	675g	900g
Water for Gravy*	400ml	600ml	800ml
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Chicken Stock Powder	1 pot	1½ pots	2 pots
*Not Included **St	ore in the Fri	dge	

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	1327g	100g
Energy (kJ/kcal)	4429/1059	334 /80
Fat (g)	47	4
Sat. Fat (g)	22	2
Carbohydrate (g)	104	8
Sugars (g)	12	1
Protein (g)	68	5
Salt (g)	2.54	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

7) Milk 8) Egg 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

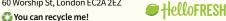
#### Contact

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#### 1. Start the Potatoes

Preheat your oven to 200°C. Pour a good glug of **oil** onto a baking tray and pop in your oven. Bring 2 large saucepans of **water** to the boil on high heat with a pinch of **salt**. Peel the **potatoes**, chop them into 4cm chunks. Add the **potatoes** to one pan of **boiling water** and cook for 7-8 mins or until the edges have softened when you poke them with a knife. Peel the **swede** and chop into 2cm chunks. Add to the second pan of **boiling water** and cook until tender, 20-25 mins. Drain when ready.



# 2. Prep Time

Peel and grate the **garlic** (or use a garlic press). Pick the **rosemary leaves** from their stalks and finely chop (discard the stalks). In a small bowl, mix the **panko breadcrumbs** with the **hard Italian style cheese**, **black pepper** and a drizzle of **oil**. Keep to one side. Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on **half** the **flour**. Give your pan a shake to fluff up the **potato**.



# 3. Roast the Potatoes

Take your hot baking tray out of your oven, carefully add your **potatoes** in a single layer, turning in the **oil**. Sprinkle over a pinch of **salt**. Roast the **potatoes** on the top shelf of your oven for 45-50 mins, turn halfway through. Meanwhile, heat the pan you used for your **potatoes** over medium heat and add a splash of **oil**. Add the **cabbage**, along with a splash of **water** and cook until softened, 4-5 mins, stirring frequently. Add the **garlic**, cook for a minute and then add the **creme fraiche**. Bring up to a bubble and carefully stir in the cooked and **drained swede**. Transfer to an ovenproof dish and cover with the **cheesy crumb**. We will bake it later.



# 4. Roast the Lamb

Season the **lamb** with **salt**, **pepper** and a drizzle of **oil**. Transfer to another baking tray and roast in the oven for **2p**: **30mins 3p**: **40mins 4p**: **55 mins** (depending on size) for medium rare. Add an extra 5 mins if you like your **lamb** more cooked. Rest the **lamb**, wrapped loosely in foil for at least 10 mins before slicing. **IMPORTANT**: The lamb is safe to eat when the outside is cooked. Time to make the **gravy**...



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# 5. Make the Gravv

Heat a glug of oil in the pan you used for the swede over medium heat. Stir in the remaining flour and rosemary and cook for a minute. Gradually stir in the water (see ingredients for amount) and balsamic vinegar, bring to the boil, stirring out any lumps that may form. Stir in the chicken stock powder, lower the heat and simmer until the gravy has thickened to your liking, 12-15 mins. Season to taste with salt, pepper and sugar if it's a bit sharp.



# 6. Finish Off

Pop the **swede gratin** in the oven and bake for the last 10-15 mins of cooking time. You want the top to be crisp and golden. Do any washing up that needs doing while you have time and reheat the **potatoes** or **gravy** if they have cooled. When everything is hot and ready, remove the netting from the **lamb**, slice thinly and arrange on your plates. Pop the **roasties** alongside and then spoon on the **gratin**. **TIP**: Add any resting juices from the lamb to the gravy for extra flavour. Finish with lashings of **gravy**.

Enjoy!