



Zahtar Crusted Lamb Loin

with Aubergine Puree, Roast Potatoes, Garlicky Chard and Lemon Chive Dressing

PREMIUM 40 Minutes • 2 of your 5 a day

N° 19



Potato



Garlic Clove



Chives



Lemon



Aubergine



Ground Cumin



Plain Flour



Dried Oregano



Lamb Loin



Zahtar Spice



Rainbow Chard



Tahini Paste

Before you start

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

Basic cooking tools, you will need:

Two Baking Trays, Saucepan, Fine Grater (or Garlic Press), Colander and Frying Pan.

Ingredients

| | 2P | 3P | 4P |
|-----------------------------|----------------|----------------|-----------------|
| Potato** | 1 small pack | 1 large pack | 2 small packs |
| Garlic Clove** | 3 cloves | 4 cloves | 6 cloves |
| Chives** | 1 bunch | 1 bunch | 1 bunch |
| Lemon** | ½ | 1 | 1 |
| Aubergine** | 1 | 1 | 2 |
| Ground Cumin | 1 small pot | 1 small pot | 1 large pot |
| Plain Flour (13) | 8g | 16g | 16g |
| Dried Oregano | 1 small pot | 1 small pot | 1 large pot |
| Lamb Loin** | 2 | 3 | 4 |
| Zahtar Spice | 1 small pot | 1 large pot | 1 large pot |
| Rainbow Chard** | 1 pack | 2 packs | 2 packs |
| Tahini Paste (3) | 1 small sachet | 1 large sachet | 2 small sachets |
| Olive Oil for the Dressing* | 1 tbsp | 1½ tbsp | 2 tbsp |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 674g | 100g |
| Energy (kJ/kcal) | 2563 /613 | 380 /91 |
| Fat (g) | 25 | 4 |
| Sat. Fat (g) | 7 | 1 |
| Carbohydrate (g) | 54 | 8 |
| Sugars (g) | 7 | 1 |
| Protein (g) | 43 | 6 |
| Salt (g) | 0.84 | 0.12 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame (13) Gluten

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Cook the Potatoes

Fill and boil your kettle. Preheat your oven to 220°C. Pour a good glug of **oil** onto a baking tray (to completely cover the bottom) and pop in your oven. Pour the boiling **water** into a large saucepan on high heat with ½ tsp of **salt**. Chop the **potatoes** into 3cm chunks (no need to peel unless you want to). Add the **potatoes** to the boiling **water** and cook for 5-6 mins or until the edges have softened when you poke them with a knife.



4. Cook the Lamb

While everything else cooks, heat a drizzle of **oil** in a frying pan over a high heat. Pop the **lamb loins** onto a plate, drizzle with **oil** and season with **salt** and **pepper**. Use your hands to coat the **meat** in the **oil**. **IMPORTANT: Wash your hands after handling raw meat.** When the pan is hot, brown the **lamb** all over for 2-3 mins total, then transfer to a baking tray fat side up. Divide the **zahtar** between the tops of the **lamb** and roast on the middle shelf for 9-10 mins. **TIP: This will result in medium rare lamb, cook for 2-3 mins longer if you want it more well done. IMPORTANT: The lamb is safe to eat when the outside is no longer pink.**



2. Finish the Prep

Meanwhile, peel the **garlic clove(s)** and pop 1 **clove** per person into some foil with a drizzle of **oil**. Scrunch to enclose it. Grate the remaining **garlic** (or use a garlic press). Finely chop the **chives** (use scissors if easier). Zest and halve the **lemon**. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Pop it on a baking tray, drizzle with **oil** and season with **salt, pepper** and add the **cumin**. Toss to coat. Pop the **garlic clove parcels** on the tray too.



5. Cook the Chard

Meanwhile, pop your frying pan back on medium high heat (no need to wash). Add a drizzle of **oil** and once hot, add the **rainbow chard**. Stir fry until wilted, 3-4 mins, then add the **garlic** to the pan, stir together and cook for 1 minute more. Season with **salt** and **pepper** and remove from the heat and cover with a lid or tin foil. Once the **aubergine** is cooked, add to a blender along with the **roasted garlic, lemon zest** and **tahini**. Whiz to a smooth, well blended puree. Season to taste with **salt** and **pepper**. **TIP: Alternatively you can mash the aubergine with a masher. Cover with foil to keep warm for later.**



3. Roast the Potatoes

Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on the **flour** and **dried oregano**. Give your pan a shake to fluff it up. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Season the **potatoes** with **salt**, then roast on the top shelf of your oven until golden, 30-35 mins, turn halfway through. Roast the **aubergine** (and **garlic**) on the middle shelf until the **aubergine** is nicely browned and tender, 15-20 mins. Turn the **aubergine** halfway through cooking.



6. Finish and Serve

Once the **lamb** is cooked, remove from the oven and leave to rest for a couple of minutes. Add the **chives** to a bowl along with the **olive oil** (see ingredients for amount), squeeze in the **lemon juice** and season with **salt** and **pepper**. Mix together. Slice each **lamb** loin into 5 pieces. Spoon one large dollop of **puree** onto each plate and use the back of your spoon to drag it out in a line (reheat first in a pan first if you'd prefer it hot). Serve the **lamb** alongside with the **rainbow chard** and dot the **roast potatoes** and **chive dressing** around the plate.

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.