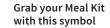


Roasted Lamb Shoulder & Mint Sauce

with Parmesan Veggie Mash & Almonds

GOURMET PLUS









Lamb Shoulder





Cauliflower



Baby Broccoli

Roasted Almonds

Leek



Grated Parmesan Cheese

Mint Sauce

Recipe Update Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins Ready in: 30-40 mins

We're dining with the couple of the century - lamb and mint sauce. There's no beating them for compatibility when they come together on the plate, especially with a potato and leek mash on the side. Then again, those veggies sprinkled with almonds might be the next best thing. We'll leave the judging up to you!

Pantry items

Olive Oil, Butter, Milk

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium baking dish \cdot Medium saucepan \cdot Oven tray lined with baking paper \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked lamb shoulder	1 packet	1 packet
potato	2	4
garlic	2 cloves	4 cloves
cauliflower	1 portion (200g)	1 portion (400g)
baby broccoli	½ bag	1 bag
roasted almonds	1 packet	2 packets
leek	1	2
grated Parmesan cheese	1 medium packet	1 large packet
butter*	40g	80g
milk*	2 tbs	⅓ cup
mint sauce	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
3336kJ (797Cal)	521kJ (125Cal)
46.3g	7.2g
46g	7.2g
21.3g	3.3g
47g	7.3g
21.2g	3.3g
833mg	130mg
	3336kJ (797Cal) 46.3g 46g 21.3g 47g 21.2g

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.

Fancy a drop?

Browse our Wine Boxes in the expanded menu to find your next perfect pairing.



Roast the lamb

- Preheat oven to 240°C/220°C fan-forced.
- Place **slow-cooked lamb shoulder** in a baking dish. Pour **liquid** from packaging over **lamb**.
- Cover tightly with foil and roast for 12 minutes.
- Turn lamb, then cover with foil and roast until browned and heated through, a further
 12-13 minutes.



Cook the potato

- Meanwhile, bring a medium saucepan of lightly salted water to the boil.
- Peel potato and cut into large chunks. Peel the garlic.
- Add potato and garlic cloves to the boiling water, over high heat, and cook until easily pierced with a fork, 10-15 minutes. Drain, then transfer to a plate and cover to keep warm.



Roast the veggies

- While the potato is cooking, cut cauliflower into small florets. Halve baby broccoli (see ingredients)
- Crush roasted almonds in a mortar and pestle, or in their sachet using a rolling pin until resembling fine crumbs.
- Place cauliflower on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
 Spread out evenly, then roast until tender and brown around the edges, 20-25 minutes.
- In a medium bowl, combine baby broccoli and a drizzle of olive oil. Season with salt and pepper.
- In the last 7-8 minutes of cook time, add the baby broccoli to the tray, toss to combine and continue roasting until tender.



Cook the leek

- While the cauliflower is roasting, thinly slice leek.
- Return the saucepan to medium-high heat with a drizzle of olive oil. Cook leek, stirring, until softened, 4-5 minutes.



Finish the mash

 Return potato to the saucepan of leek, then add grated Parmesan cheese, the butter, milk and a pinch of salt. Mash until smooth.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Serve up

- Slice roasted lamb shoulder.
- Divide cheesy leek mash, roasted veggies and lamb between plates.
- Top lamb with mint sauce. Sprinkle over crushed almonds to serve. Enjoy!



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