



Roasted Lamb Shoulder & Mint Sauce

with Parmesan Veggie Mash & Almonds

GOURMET PLUS

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Slow-Cooked Lamb Shoulder



Potato



Garlic



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 · Medium saucepan · Oven tray lined with baking paper · 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	¼ cup
mint sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3336kJ (797Cal)	521kJ (125Cal)
Protein (g)	46.3g	7.2g
Fat, total (g)	46g	7.2g
- saturated (g)	21.3g	3.3g
Carbohydrate (g)	47g	7.3g
- sugars (g)	21.2g	3.3g
Sodium (mg)	833mg	130mg

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW01



1



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**.

4



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**.

2



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.

5



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!

3



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.

6



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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