



# Lamb Shortloin & Brussels Sprout Crumble

with Roast Potatoes & Baby Rainbow Carrots

EASTER SPECIAL

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Potato



Onion



Brussels Sprouts



Parsley



Panko Breadcrumbs



Cream



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Baby Rainbow Carrots



Lamb Shortloin



Onion Chutney

Prep in: 30-40 mins  
Ready in: 50-60 mins

Sear a tender and succulent lamb loin that's just right for a gourmet-style dinner. With all the flavour of nostalgic roast lamb, plus wholesome veggies, it's sure to have you feeling awestruck with every delicious mouthful. And the best feasts have the best sauces, like this caramelised onion chutney sauce.

Pantry items

Olive Oil, Butter, Balsamic Vinegar

AB





## 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

Oven tray lined with baking paper · Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	50g	100g
onion	½	1
Brussels sprouts	1 medium packet	1 large packet
parsley	1 packet	1 packet
panko breadcrumbs	½ medium packet	1 medium packet
cream	½ packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken-style stock powder	½ medium sachet	1 medium sachet
baby rainbow carrots	½ large packet	1 large packet
lamb shortloin	1 medium packet	1 large packet
onion chutney	1 small packet	1 medium packet
<b>balsamic vinegar*</b>	1 tsp	2 tsp

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3923kJ (938Cal)	490kJ (117Cal)
Protein (g)	45.4g	5.7g
Fat, total (g)	49.6g	6.2g
- saturated (g)	30.4g	3.8g
Carbohydrate (g)	77.8g	9.7g
- sugars (g)	41.3g	5.2g
Sodium (mg)	1071mg	134mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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## Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks. Place half the **butter** in a small microwave-safe bowl and microwave until melted.
- Place **potato** on a lined oven tray. Drizzle with **olive oil** and the **melted butter**, then season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



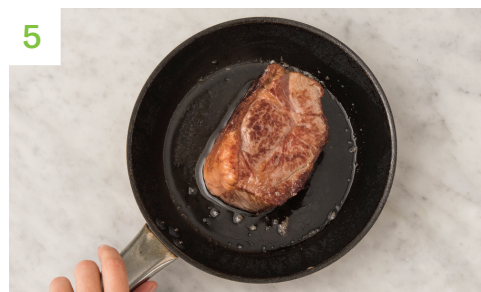
## Cook the baby carrots

- While the crumble is baking, trim green tops from **baby rainbow carrots**. Scrub **carrots** clean, then halve lengthways.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrots**, stirring, until tender, **5-6 minutes**. Season. Transfer to a plate.



## Make the parsley crumb

- Meanwhile, thinly slice **onion** (see ingredients). Halve **Brussels sprouts**.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **Brussels sprouts** and **onion**, stirring, until golden, **4-5 minutes**. Transfer to a baking dish.
- Meanwhile, finely chop **parsley**.
- In a medium bowl, combine **panko breadcrumbs** (see ingredients), **parsley** and a drizzle of **olive oil**. Season and set aside.



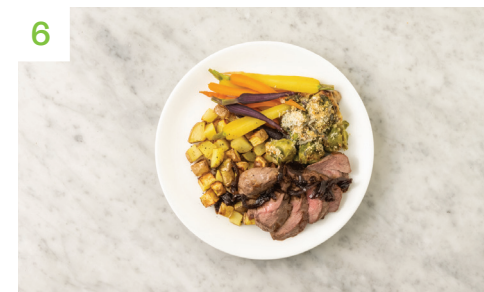
## Cook the lamb

- Season **lamb shortloin** on both sides.
- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **lamb** for **3-4 minutes** each side for medium or until cooked to your liking. Transfer to a plate to rest for **5 minutes**.
- Meanwhile, return the frying pan to medium heat. Cook **onion chutney**, remaining **butter** and the **balsamic vinegar** with a dash of **water** until reduced slightly, **2-3 minutes**.



## Bake the crumble

- Add **cream** (see ingredients), **garlic & herb seasoning** and **chicken-style stock powder** (see ingredients) to the baking dish with the **veggies** and stir to combine.
- Sprinkle over **parsley crumb**.
- Bake until golden and tender, **12-15 minutes**.



## Serve up

- Slice lamb shortloin.
- Divide roasted potatoes, rainbow carrots, Brussels sprout crumble and lamb between plates.
- Spoon caramelised onion chutney sauce over lamb. Enjoy!

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# Pear & Chocolate Chip Crumble

with Whipped Cream & Flaked Almonds

EASTER SPECIAL

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Pear



Classic Oat Mix



Dark Chocolate Chips



Flaked Almonds



Cream

Prep in: **15-25** mins  
Ready in: **45-55** mins

A pear crumble is just the decadent sweet treat you need after dinner. The chocolate chips and flaked almonds are a delightful surprise. Finally, finish off your dessert with a dollop of whipped cream.

**Pantry items**

Brown Sugar, Butter

AB





## Before you start

Wash your hands and any fresh food

If you're cooking for 6, double the ingredients and bake 2 portions of the crumble

## You will need

15cm x 20cm medium baking dish · Electric beaters (or metal whisk)

## Ingredients

	4 People
pear	3
<b>brown sugar*</b>	20g
<b>butter*</b>	100g
classic oat mix	1 packet
dark chocolate chips	1 medium packet
flaked almonds	2 packets
cream	½ packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	3697kJ (883Cal)	1473kJ (352Cal)
Protein (g)	9.6g	3.8g
Fat, total (g)	51.6g	20.6g
- saturated (g)	31g	12.4g
Carbohydrate (g)	91g	36.3g
- sugars (g)	54.3g	21.6g
Sodium (mg)	227mg	90mg

The quantities provided above are averages only.

\*Nutritional information is based on 4 servings.

## Allergens

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## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **pear** into small chunks.

**TIP:** For a more traditional crumble, peel the fruit before cutting into chunks.



## Mix the fruit

- In a baking dish, combine **pear**, the **brown sugar** and a drizzle of **water**.



## Make the crumble topping

- Place the **butter** in a medium microwave-safe bowl and microwave in **10 second** bursts until melted.
- Add **classic oat mix** and stir to combine.
- Add **dark chocolate chips** and stir to combine.



## Bake the crumble

- Spread **crumble topping** evenly over the **fruit**.
- Bake **crumble** until topping is golden and fruit is tender, **25-30 minutes**.
- In the final **5 minutes** of cook time, sprinkle **flaked almonds** over the crumble, return to the oven and continue baking until toasted.

**TIP:** The fruit is cooked when you can pierce it easily with a fork.



## Whip the cream

- Meanwhile, using electric beaters, whisk **cream** (**see ingredients**) in a large bowl or jug until soft peaks form and almost doubled in size, **1-2 minutes**.

**TIP:** If you don't have electric beaters, use a hand whisk and whisk for 3-4 minutes!

**TIP:** Chill both your bowl and cream before whipping to get maximum volume.



## Serve up

- Divide pear and chocolate chip crumble between bowls.
- Serve with whipped cream. Enjoy!

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