

Dukkah-Crusted Lamb Shortloin

with Goat Cheese & Oregano-Roasted Veggies

Grab your Meal Kit with this symbol



Potato



Beetroot



Dried Oregano



Garlic



Baby Broccoli



Dukkah



Lamb Shortloin



Greek-Style Yoghurt



Goat Cheese

 Hands-on: 25-35 mins
Ready in: 35-45 mins

Get a little fancy with this prime cut of dukkah-crusted lamb shortloin and an exquisite array of herbed roast veggies. Packed with loads of colour and flavour and with an added delight of decadent self-saucing pudding for dessert, this is a feast for the ages!

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
beetroot	1	2
dried oregano	1 sachet	1 sachet
garlic	2 cloves	4 cloves
baby broccoli	1 bag	1 bag
dukkah	1 sachet	1 sachet
lamb shortloin	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
goat cheese	½ packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2611kJ (624Cal)	410kJ (98Cal)
Protein (g)	51.3g	8.1g
Fat, total (g)	25.1g	3.9g
- saturated (g)	8.4g	1.3g
Carbohydrate (g)	49.9g	7.8g
- sugars (g)	23.3g	3.7g
Sodium (mg)	814mg	128mg

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.

1



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-sized chunks. Cut the **beetroot** into small chunks. Place the **potato** and **beetroot** on a lined oven tray. Drizzle with **olive oil**, sprinkle over the **dried oregano**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast for **25-30 minutes**.

2



Get prepped

While the veggies are roasting, finely chop the **garlic**. Trim the ends of the **baby broccoli**. Spread the **dukkah** over a plate. Pat the **lamb shortloin** dry with paper towel, then drizzle with **olive oil** and season on both sides. Press the **lamb** into the **dukkah** and turn to coat on both sides. Set aside.

3



Make the garlic yoghurt

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **garlic** until fragrant, **1 minute**. Transfer the **garlic oil** to a small bowl, then add the **Greek-style yoghurt** and whisk to combine. Season to taste and set aside.

4



Cook the lamb

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **lamb** for **3-4 minutes** each side for medium or until cooked to your liking. Transfer to a plate to rest for **5 minutes**.

5



Cook the baby broccoli

Wipe out the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **baby broccoli** with a dash of **water**, tossing occasionally, until tender, **5-6 minutes**. Season to taste.

6



Serve up

Slice the dukkah-crusted lamb shortloin. Crumble the **goat cheese** (see ingredients) over the roasted veggies. Divide the lamb, oregano-roasted veggies and baby broccoli between plates. Serve with a dollop of the garlic yoghurt.

Enjoy!



Classic Chocolate Self-Saucing Pudding

with Strawberries & Cream

Grab your Meal Kit
with this symbol



Chocolate Pudding
Mix



Strawberries



Longlife Cream

 Hands-on: 10-20 mins
Ready in: 40-50 mins

Finish your gourmet feast with the very best kind of chocolate pudding – a self-saucing one! Cakey on top and with a rich chocolate sauce underneath, it's an indulgent dessert that never fails to please.

Pantry items

Butter, Eggs, Milk

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

15 x 20cm baking dish

Ingredients

	4 People
butter*	80g
chocolate pudding mix	1 medium packet
eggs*	2
milk*	100ml
boiling water*	1 ¼ cups
strawberries	1 punnet
longlife cream	½ bottle (125ml)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2690kJ (642Cal)	1390kJ (331Cal)
Protein (g)	9.7g	5.0g
Fat, total (g)	32.8g	16.9g
- saturated (g)	20.4g	10.5g
Carbohydrate (g)	75.1g	38.8g
- sugars (g)	64.2g	33.1g
Sodium (mg)	232mg	120mg

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.



Melt the butter

Preheat the oven to **180°C/160°C fan-forced**. Melt the **butter** in the microwave for **15 second** bursts or in a small saucepan. Reserve 2 tbs of **chocolate pudding mix** and set aside.

TIP: The reserved mixture will turn into the gooey sauce!



Combine the ingredients

Crack the **eggs** into a large mixing bowl. Add the remaining **chocolate pudding mix**, the **milk**, melted **butter** and a pinch of **salt**. Stir together until well combined.



Transfer to a dish

Pour the **chocolate pudding mixture** into the baking dish. Evenly sprinkle over the reserved **chocolate pudding mix**, then gently pour 1 ¼ cup **boiling water** over the back of a large metal spoon to cover the pudding.



Bake the pudding

Bake until the pudding is just set and the centre has a wobble, **35-38 minutes**. Remove from the oven and rest the pudding for **5 minutes**.

TIP: The wobbly centre creates the sauce!

TIP: The pudding will continue to cook as it rests.



Prep the strawberries

While the pudding is resting, roughly chop the **strawberries**.



Serve up

Divide the chocolate self-saucing pudding between bowls. Serve with the strawberries and **longlife cream**.

Enjoy!