

Rosemary & Onion Chutney Lamb Shortloin

with Roasted Rainbow Veggies, Pistachios & Feta

GOURMET PLUS

Grab your Meal Kit with this symbol



Potato



Baby Rainbow Carrots



Aussie Spice Blend



Garlic



Rosemary



Baby Broccoli



Pistachios



Lamb Shortloin



Onion Chutney



Cow's Milk Feta

Prep in: 30-40 mins
Ready in: 45-55 mins

This special dinner uses a handy method of coating the lamb in a caramelised onion glaze before resting for the ideal tenderness and flavour. Although there's a bit of prep at the start, you'll have time to relax while the veggies are in the oven – set the table, pour your drink of choice or just put your feet up while the flavours mingle into a magic meal.

Pantry items

Olive Oil, Butter, Balsamic Vinegar

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
baby rainbow carrots	1 bunch	1 bunch
Aussie spice blend	1 sachet	1 sachet
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
baby broccoli	1 bag	2 bags
pistachios	1 packet	2 packets
lamb shortloin	1 packet	1 packet
butter*	20g	40g
onion chutney	1 packet (40g)	2 packets (80g)
balsamic vinegar*	1 tbs	2 tbs
cow's milk feta	¼ packet (47.5g)	½ packet (95g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3517kJ (841Cal)	526kJ (126Cal)
Protein (g)	56.5g	8.4g
Fat, total (g)	44.9g	6.7g
- saturated (g)	21g	3.1g
Carbohydrate (g)	49.7g	7.4g
- sugars (g)	23.7g	3.5g
Sodium (mg)	1806mg	270mg

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?

We recommend pairing this meal with Cabernet Sauvignon or Zinfandel.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into wedges. Trim green tops from **baby rainbow carrots**, then scrub **carrots** clean.
- Place **potato** and **carrots** on a lined oven tray. Drizzle with **olive oil** and sprinkle over **Aussie spice blend**. Season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.

2



Get prepped

- Finely chop **garlic**. Pick and finely chop **rosemary** leaves. Cut any thicker stalks of **baby broccoli** in half lengthways. Roughly chop **pistachios**.
- Heat a large frying pan over medium-high heat. Toast **pistachios**, tossing occasionally, until golden, **3-4 minutes**. Transfer to a small bowl.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.

3



Cook the baby broccoli

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** with a dash of **water**, tossing, until just tender, **5-6 minutes**. Season.
- Transfer to a bowl and cover to keep warm.

4



Cook the lamb

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

5



Make the sauce

- Return the frying pan to medium heat with the **butter, garlic** and **rosemary** and cook until fragrant, **1 minute**.
- Remove pan from heat, then add **onion chutney, balsamic vinegar** and a splash of **water**, stirring to combine. Stir through any **lamb resting juices** and season to taste.

6



Serve up

- Slice lamb shortloin.
- Divide roasted rainbow veggies and baby broccoli between plates.
- Top with lamb and spoon over onion chutney sauce.
- Sprinkle with toasted pistachios and crumble over **feta** (see ingredients) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2023 | CW22

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate