



Everything
But The Chef

hello@hellofresh.com.au | 02 1 888 722

Wk28
2015



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Mini Lamb Roast Dinner with Baked Baby Carrots

This recipe will take you straight back to your childhood, when the aroma from the kitchen tormented you for hours, until it was time to sit down for tea. This week you can tell your mum to call off Sunday dinner, the mid-week roast is back in town, quicker and better than ever.

 **Prep:** 10 mins
Cook: 25 mins
Total: 35 mins

 level 1

 gluten
free

 pantry
items



Mixed Baby Carrots



Eschallots



Garlic



Lamb Rump Roast




Thyme



Cannellini Beans

2P	4P	Ingredients
1 portion	2 portions	lamb rump roast
3	6	garlic cloves, peeled ^A
1 bunch	2 bunches	thyme
1 bag	2 bags	mixed baby carrots, unpeeled
4	8	eschallots, peeled & left whole
2 tsp	1 tbs	olive oil *
1 tin	2 tins	cannellini beans, drained & rinsed
2 tbs	4 tbs	milk *

 May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2400	Kj
Protein	39.1	g
Fat, total	34	g
-saturated	14.2	g
Carbohydrate	23.5	g
-sugars	12.2	g
Sodium	414	mg

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **200°C/180°C fan-forced**. Line an oven tray with baking paper.

2 Cut four x 1 cm deep inserts into the fat side of the **lamb rump roast**. Slice one of the **garlic cloves** into quarters and set the remaining cloves aside. Insert the garlic quarters into each slit along with a small piece of **thyme** (reserve a few thyme leaves for the bean puree). Drizzle the lamb with a little olive oil and season generously with **salt** and **pepper**. Heat a frying pan over a medium-high heat. Sear the lamb fat side down first, then on all sides, for a total of **5 minutes**. Place the lamb on the tray.



3 Toss the **carrots** and **eschallots** in the **olive oil** and season with salt and pepper. Place on the oven tray with the remaining garlic cloves. Roast for **20 minutes** or until vegetables are tender, and meat is cooked to your liking. Transfer the lamb to a plate and cover with foil. Set aside to rest for **5 minutes**. Cover the vegetables with foil to keep them warm.



4 Place the **cannellini beans** and roasted garlic in a small saucepan with the **milk** and remaining thyme leaves. Heat over a medium heat until gently warmed through. Puree the mixture using a stick blender or potato masher until smooth. Season with salt and pepper. Place back over a low-medium heat and stir until slightly thickened.



5 To serve, divide the cannellini bean puree and roasted vegetables between plates. Slice the lamb and divide between plates.

Did you know? Before the 17th Century almost all cultivated carrots were purple.