



Everything
But The Chef

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WK40
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Lamb with Parmesan Cauliflower & Potato Roasties

The HelloFresh take on the traditional lamb roast is a winning meal with a modern twist. We've kept the lamb rump roasting piece simple to let the flavour of the quality meat shine, but we've added cheese and texture to the accompanying vegetables that we know you'll love. Roasting cauliflower and potatoes with a generous sprinkle of pecorino takes these simple and familiar vegetables to the next level.

Prep: 10 mins
Cook: 40 mins
Total: 50 mins

level 1
 high protein
 gluten free
 low sodium

Pantry Items



Olive Oil



Potato



Cauliflower



Pecorino Cheese



Lamb Rump



Rocket



Lemon

2P	4P	Ingredients	
1	2	potato, unpeeled & cut into 1 cm cubes	A
1 portion	2 portions	cauliflower, cut into small florets	B
1 tbs	2 tbs	olive oil *	
½ block	1 block	pecorino cheese, finely grated	⊕
400 g	800 g	lamb rump	
½ bag	1 bag	rocket, washed	⊕
½	1	lemon, cut into wedges	⊕

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2090	Kj
Protein	52.5	g
Fat, total	19.8	g
-saturated	6.9	g
Carbohydrate	24.5	g
-sugars	5.2	g
Sodium	171	mg

Measuretool

0 cm	1 cm	2 cm

Disclaimer: Potatoes naturally vary in size, you may be supplied with a greater amount than specified. Please use the supplied amount.



You will need: chopping board, chef's knife, grater, oven tray lined with baking paper, large saucepan, medium ovenproof frying pan, plate, and aluminium foil.

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place the **potato** in a large saucepan and cover with water. Bring to the boil and cook for **10 minutes** or until par-cooked. Drain and return the potato to the same saucepan (off the heat). To prepare the vegetables for the oven, add the **cauliflower, olive oil, pecorino cheese** and **salt** and **pepper** to the saucepan with the potato. Toss to coat well. Transfer the mixture to the lined oven tray. Cook in the oven for **30 minutes** or until golden and crispy.



3 Heat a medium ovenproof frying pan over a medium-high heat. (Make sure it's nice and hot before you add the lamb). Season the **lamb rump** with salt and pepper. Add the lamb fat-side down to the hot pan. Cook for **1-2 minutes** on each side or until browned all over. Transfer the ovenproof pan to the oven and cook for **25 minutes** for medium rare, or until cooked to your liking. Remove the lamb from the oven, transfer to a plate and cover with foil. Rest for **5 minutes** and then cut the lamb into 1 cm thick slices.

4 To serve, divide the lamb and vegetables between plates. Serve with the **rocket** drizzled with a little olive oil and the **lemon wedges**.



Did you know? Roast meat was traditionally left in the oven while the chef and family went to church - upon their return it was ready for feasting!