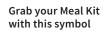


Rosemary-Garlic Lamb & Mint Sauce Feast with Cheesy Potatoes, Greens & Parsley Butter Corn Cobs

CUSTOMER FAVOURITE

MEDITERRANEAN

















Rosemary





Butterflied Lamb

Green Beans





Baby Spinach Leaves

Mint Sauce



A roast lamb is a signature when it comes to a classic roast dinner. We've studded ours with garlic and rosemary, which will permeate the meat as it cooks. Cheesy chat potatoes, garlicky greens and buttery corn cobs complete this feast that's sure to become a family favourite - we guarantee it!

Pantry items Olive Oil, Butter

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

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
chat potatoes	1 bag (400g)	1 bag (800g)	
Parmesan cheese	1 medium packet	1 large packet	
corn	1 cob	2 cobs	
parsley	1 bag	1 bag	
butter*	20g	40g	
garlic	2 cloves	4 cloves	
rosemary	2 sticks	4 sticks	
butterflied lamb leg	1 medium packet	1 large packet	
green beans	1 small bag	1 medium bag	
baby spinach leaves	1 medium bag	1 large bag	
mint sauce	2 packets (80g)	4 packets (160g)	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2734kJ (653Cal)	453kJ (108Cal)
Protein (g)	54.8g	9.1g
Fat, total (g)	25.3g	4.2g
- saturated (g)	13.3g	2.2g
Carbohydrate (g)	50.3g	8.3g
- sugars (g)	21.4g	3.5g
Sodium (mg)	417mg	69mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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 Dry Riesling or Grüner Veltliner



Roast the chat potatoes

- Preheat oven to 240°C/220°C fan-forced.
- Halve chat potatoes.
- Place potatoes on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat.
- Arrange cut-side down. Roast until tender,
 25-30 minutes.
- In the last 5 minutes, sprinkle over Parmesan cheese and roast, until golden and crisp.



Roast the corn

- Meanwhile, cut corn cob in half.
- · Chop parsley.
- To a small bowl, add the **butter**, season, then mash to combine.
- Place corn on a second lined oven tray. Drizzle with olive oil and season with salt and toss to coat.
- Roast until tender and slightly charred,
 15-20 minutes.



Get prepped & sear the lamb

- While corn is roasting, cut half the garlic cloves into four slices.
- Finely chop remaining garlic.
- Cut rosemary into 2cm sprigs.
- Season butterflied lamb leg on both sides.
- In a large frying pan, heat a drizzle of olive oil over high heat. Cook lamb until browned,
 2 minutes each side.



Roast the lamb

- With a small, sharp knife, make eight slits all over lamb. Push garlic slices and rosemary sprigs into slits. Drizzle rosemary and garlic with olive oil (to prevent burning!).
- Transfer lamb to tray with corn. Roast for 6-10 minutes (depending on thickness) for medium or until cooked to your liking.
- Remove lamb from oven, cover with foil and set aside to rest for 5 minutes.

TIP: The lamb will keep cooking as it rests!



Cook the garlic greens

- While lamb is resting, trim green beans.
- · Roughly chop baby spinach leaves.
- Wipe out frying pan then return to medium-high heat with a drizzle of **olive oil**.
- Cook green beans, tossing, until tender,
 4-5 minutes.
- Add baby spinach leaves and chopped garlic and cook until fragrant, 2 minutes. Season.



Serve up

- Slice rosemary-garlic lamb.
- Spread corn cobs with parsley butter.
- Bring lamb, cheesy potatoes, greens and corn to the table.
- Serve with mint sauce. Enjoy!

