



Seared Lamb Leg & Olive-Zucchini Medley

with Smashed Chat Potatoes, Nutty Rocket Salad & Garlic Sauce

FEAST



Grab your Meal Kit with this symbol



Chat Potatoes



Garlic Paste



Butterflied Lamb Leg



Zucchini



Pear



Parsley



Walnuts



Semi-Dried Tomatoes



Fetta Cubes



Kalamata Olives



Rocket Leaves



Parmesan Cheese



Garlic Sauce

Prep in: 35-45 mins
Ready in: 50-60 mins

This feast is a medley of everything we know and love. Garlic-laced lamb, smashed chat potatoes and a olive-studded veggie mix is all you need to eat like a king.

Pantry items

Olive Oil, Butter, White Wine Vinegar, 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

Medium saucepan · Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chat potatoes	1 bag (400g)	1 bag (800g)
butter*	20g	40g
garlic paste	1 packet	2 packets
butterflied lamb leg	1 medium packet	1 large packet
zucchini	1	2
pear	1	2
parsley	1 bag	1 bag
walnuts	1 medium packet	1 large packet
semi-dried tomatoes	1 packet	2 packets
fetta cubes	1 medium packet	1 large packet
kalamata olives	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
balsamic vinegar*	drizzle	drizzle
rocket leaves	1 small bag	1 medium bag
Parmesan cheese	1 medium packet	1 large packet
garlic sauce	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3659kJ (874Cal)	511kJ (122Cal)
Protein (g)	59.7g	8.3g
Fat, total (g)	52.3g	7.3g
- saturated (g)	16.9g	2.4g
Carbohydrate (g)	39.3g	5.5g
- sugars (g)	11.7g	1.6g
Sodium (mg)	1061mg	148mg

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.

We're here to help!

Scan here if you have any questions or concerns



Cook the potatoes

- Boil the kettle. Half-fill a medium saucepan with boiling water. Preheat oven to **240°C/220°C fan-forced**.
- Halve **chat potatoes**. Cook **potato** in the boiling water, over high heat, until just tender, **12-15 minutes**.
- Meanwhile, in a small heatproof bowl, microwave the **butter** and **garlic paste** in **10 second** bursts until melted. Stir to combine.
- Drain **potatoes**, then place **potatoes** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and arrange cut-side down.
- Top **potatoes** with a sheet of baking paper. Using the flat base of a bowl, crush **potatoes** until about 1cm thick. Brush over **garlic butter**. Roast until golden, **25-30 minutes**.



Make the zucchini toss

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **zucchini**, tossing, until tender, **4-5 minutes**. Transfer to a medium bowl.
- To the bowl, add **parsley**, **semi-dried tomatoes**, **fetta cubes**, **kalamata olives** and a drizzle of the **white wine vinegar**. Toss to combine. Season.



Roast the lamb

- Meanwhile, 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.
- Transfer **lamb** to a second lined oven tray. 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!



Make the rocket salad

- In a second medium bowl, combine the **balsamic vinegar** and a drizzle of **olive oil**.
- Add **walnuts**, **pear**, **rocket leaves** and **Parmesan cheese** and toss to combine. Season.



Get prepped

- While lamb is roasting, slice **zucchini** into rounds.
- Thinly slice **pear**.
- Roughly chop **parsley** and **walnuts**.



Serve up

- Slice lamb. Top with **garlic sauce**.
- Serve with smashed chat potatoes, semi-dried tomato, olive and fetta medley and rocket salad. Enjoy!

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