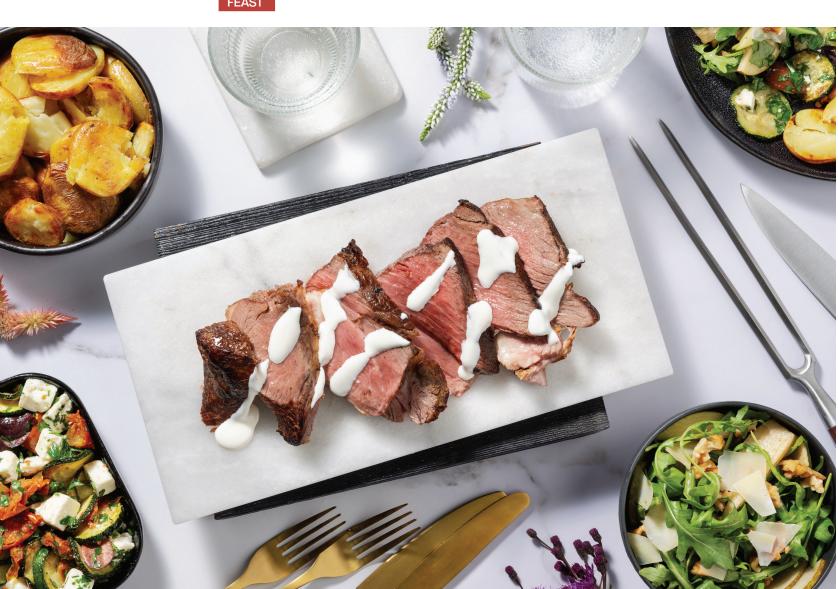


Seared Lamb Leg & Olive-Zucchini Medley with Smashed Chat Potatoes, Nutty Rocket Salad & Garlic Sauce



Grab your Meal Kit with this symbol









Butterflied Lamb









Walnuts



Semi-Dried Tomatoes







Fetta Cubes



Kalamata Olives





Rocket Leaves



Parmesan Cheese





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

9		
	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.



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.



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!



Get prepped

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



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.



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.



Serve up

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



Scan here if you have any questions or concerns



