



# Rosemary-Garlic Lamb & Mint Sauce Feast

with Cheesy Potatoes, Greens & Parsley Butter Corn Cobs

FEAST

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Chat Potatoes



Parmesan Cheese



Corn



Parsley



Garlic



Rosemary



Butterflied Lamb Leg



Green Beans



Baby Spinach Leaves



Mint Sauce

Prep in: 25-35 mins  
Ready in: 35-45 mins

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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>butter*</b>	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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.

2



## 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**, season with **salt** and toss to coat.
- Roast until tender and slightly charred, **15-20 minutes**.

3



## 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.

4



## 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!

5



## 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.

6



## 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!

## We're here to help!

Scan here if you have any questions or concerns



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