



# Rosemary Roast Lamb & Dauphinoise Potatoes

with Sauteéd Greens & Mint Sauce

GOURMET

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Potato



Garlic



Rosemary



Light Cooking Cream



Chicken-Style Stock Powder



Parmesan Cheese



Butterflied Lamb Leg



Green Beans



Pea Pods



Mint Sauce

Prep in: 25-35 mins  
Ready in: 30-40 mins

Carb Smart

This tender roast lamb rump is perfect for a special occasion. Serve with a decadent potato bake, plus some simple sautéed greens to balance out the richness and you have a dish that will see everyone requesting seconds.

### Pantry items

Olive Oil

## 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 · Baking dish · Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic	4 cloves	8 cloves
rosemary	2 sticks	4 sticks
light cooking cream	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
Parmesan cheese	1 medium packet	1 large packet
butterflied lamb leg	1 medium packet	1 large packet
green beans	1 small bag	1 medium bag
pea pods	1 small bag	1 medium bag
mint sauce	1 packet (40g)	2 packets (80g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2680kJ (641Cal)	442kJ (106Cal)
Protein (g)	55.3g	9.1g
Fat, total (g)	29.3g	4.8g
- saturated (g)	15.5g	2.6g
Carbohydrate (g)	37.8g	6.2g
- sugars (g)	17.2g	2.8g
Sodium (mg)	797mg	131mg
Dietary Fibre (g)	7.5g	1.2g

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.

## Fancy a drop?

We recommend pairing this meal with Tempranillo or Pinot Noir



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Bring a medium saucepan of salted water to the boil.
- Thinly slice **potato** into rounds. Finely chop **garlic**. Pick and finely chop **rosemary**.
- Cook **potato** in the boiling water, over high heat, until just tender, **4-6 minutes**. Drain, then return **potato** to saucepan.



## Roast the lamb

- Transfer **lamb** to a lined oven tray. Drizzle **lamb** with a drizzle of **olive oil** and rub with remaining **garlic** and **rosemary**.
- 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!



## Bake the dauphinoise potatoes

- In a medium bowl, combine **light cooking cream**, half the **garlic**, **chicken-style stock powder** and a pinch of **salt** and **pepper**.
- In a baking dish, arrange **potato slices** so they sit flat. Pour over **cream mixture**, then gently shake the dish to coat **potato**.
- Sprinkle with **Parmesan cheese**. Season with **pepper**. Cover with foil. Bake until **potato** has softened, **14-16 minutes**.
- Remove foil, then return **potato** to oven. Bake until golden and the centre can be easily pierced with a fork, **10-12 minutes**.



## Cook the greens

- While lamb is resting, trim **green beans** and **pea pods**.
- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **green beans** and **pea pods**, tossing, until tender, **4-5 minutes**. Season.



## Sear 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.



## Serve up

- Slice rosemary roast lamb.
- Divide lamb, dauphinoise potatoes and sautéed greens between plates.
- Pour **mint sauce** over lamb to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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