



# Spring Lamb Roast & Mint Sauce

with Lemon Pepper Potatoes & Cherry Tomato Salad

CUSTOMER FAVOURITE

SPRING SPECIAL

Grab your Meal Kit with this symbol



Potato



Lemon Pepper Seasoning



Aussie Spice Blend



Butterflied Lamb Leg



Snacking Tomatoes



Spinach & Rocket Mix

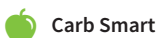


Mint Sauce



Walnuts

Prep in: 20-30 mins  
Ready in: 30-40 mins



Whip up this feast for all to enjoy and you'll have guaranteed full smiles and full bellies. Our Aussie-spiced lamb will take centre stage and paired with some delectable sides; lemon-pepper crispy potatoes and a tomato and walnut salad, you'll be on Sunday lunch duty every week!

### Pantry items

Olive Oil, Butter, Vinegar (White Wine or Balsamic)

## 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
potato	2	4
lemon pepper seasoning	1 medium sachet	2 medium sachets
<b>butter*</b>	20g	40g
Aussie spice blend	1 medium sachet	1 large sachet
butterflied lamb leg	1 medium packet	1 large packet
snacking tomatoes	1 punnet	2 punnets
spinach & rocket mix	1 medium bag	2 medium bags
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mint sauce	1 packet (40g)	2 packets (80g)
walnuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2572kJ (615Cal)	449kJ (107Cal)
Protein (g)	50.2g	8.8g
Fat, total (g)	28.8g	5g
- saturated (g)	10.8g	1.9g
Carbohydrate (g)	36.5g	6.4g
- sugars (g)	14.1g	2.5g
Sodium (mg)	957mg	167mg
Dietary Fibre (g)	7.1g	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.

1



## Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **lemon pepper seasoning**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

2



## Make spiced butter

- Meanwhile, in a small heatproof bowl, microwave the **butter** and **Aussie spice blend** in **10 second** bursts, until melted and fragrant.
- 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.

3



## Roast the lamb

- Transfer **lamb** to a lined oven tray. Pour **spiced butter** over lamb.
- 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!

4



## Prep the salad

- While lamb is resting, halve **snacking tomatoes**.

5



## Toss the salad

- In a large bowl, combine **snacking tomatoes**, **spinach & rocket mix** and a drizzle of the **vinegar** and **olive oil**. Season.

6



## Serve up

- Slice lamb.
- Divide roast lamb and lemon pepper potatoes between plates. Pour any resting juices over the lamb.
- Serve with tomato salad and **mint sauce**. Sprinkle **walnuts** over salad to serve. Enjoy!

## We're here to help!

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# Peach-Passionfruit Trifles & Whipped Cream

with Coconut Caramel

SPRING SPECIAL

Grab your Meal Kit with this symbol



Caster Sugar



Basic Sponge Mix



Shredded Coconut



Coconut Milk



Thickened Cream



Greek-Style Yoghurt



Tinned Peaches



Passionfruit

Prep in: **20 mins**  
Ready in: **20 mins plus 6 hours**  
or overnight

We thought we'd put a smile on your dial by creating these wonderful brioche trifles for your weekend dessert. In one big scoop, pack layers of sponge, coconut caramel, and whipped cream onto your spoon. Sunday dessert has never looked so good.

### Pantry items

Butter, Eggs, Milk, Brown Sugar

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, bake two sponge cakes and double the quantity of the remaining ingredients.

## You will need

Square 20cm cake tin lined with baking paper · Electric beaters (or a metal hand whisk) · Large frying pan · 4 serving glasses · Kitchen scales

## Ingredients

	4 People
caster sugar	1 medium packet (200g)
<b>butter* (for the sponge)</b>	20g
<b>eggs*</b>	3
basic sponge mix	1 medium packet
<b>milk*</b>	½ cup
shredded coconut	1 medium packet
coconut milk	1 packet
<b>brown sugar*</b>	100g
<b>butter* (for the caramel)</b>	50g
thickened cream	1 medium packet
Greek-style yoghurt	1 large packet
tinned peaches	1 medium tin
passionfruit	1

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2361kJ (564Cal)	772kJ (184Cal)
Protein (g)	7.2g	2.4g
Fat, total (g)	33.8g	11.1g
- saturated (g)	24.1g	7.9g
Carbohydrate (g)	56.4g	18.4g
- sugars (g)	43.1g	14.1g
Sodium (mg)	215mg	70mg
Dietary Fibre (g)	6.8g	2.2g

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1



## Bake the sponge

- Preheat oven to **180°C/160°C fan-forced**. Grease and line a cake tin.
- In a large bowl, place **caster sugar** and the **butter (for the sponge)**. Mix well with electric beaters until pale and thickened, **2-3 minutes**.
- Add the **eggs** and beat until smooth, **1-2 minutes**.
- Add **basic sponge mix** and the **milk** and fold with a spoon, until just combined.
- Pour **cake batter** into lined caked tin. Bake for **45 minutes to 1 hour**. Set aside to cool completely in tin.

**TIP:** To avoid clumps of butter in your mixture, allow your butter to soften to room temperature first! To check if cake is done, stick a knife or skewer in the centre and it should come out clean.

3



## Whip the cream

- While caramel is cooling, place **thickened cream** and **Greek-style yoghurt** in a large bowl. Whisk with electric beaters until soft peaks form and almost doubled in size, **3-4 minutes**.
- Drain **tinned peaches**. Roughly chop **peaches**. Halve **passionfruit** and scoop the pulp into a small bowl. Cut **sponge** into cubes.

**TIP:** For the perfect soft peaks, whip until the cream just clings to the whisk or beater when lifted!

**TIP:** If you don't have electric beaters, use a hand metal whisk!

2



## Make the coconut caramel

- Heat a large frying pan over medium-high heat. Toast **shredded coconut** until golden, **2-3 minutes**. Transfer to an airtight container until you are ready to serve.
- Return pan to medium-high heat. Add **coconut milk**, the **brown sugar** and the **butter (for the caramel)** and stir to melt. Simmer until reduced and turned to caramel, **5-6 minutes**. Transfer to a bowl and set aside to cool.

**TIP:** Prepare the trifles a day in advance!

4



## Assemble and serve up

- In four glasses or jars, layer with some of **sponge**, **coconut caramel**, **whipped cream**, **peaches** and **passionfruit pulp**.
- Repeat layers with the remaining ingredients, making sure you finish with the **cream**. Refrigerate for **6 hours** or **overnight**.
- When the trifles have set and you are ready to serve, sprinkle toasted coconut over peach and passionfruit trifles to serve. Enjoy!

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