



# Almond-Crusted Lamb Leg & Potato Puree

with Rosemary Dutch Carrots & Onion Glaze

GOURMET

Grab your Meal Kit with this symbol



Dutch Carrots



Rosemary



Potato



Baby Broccoli



Flaked Almonds



Butterflied Lamb Leg



Dijon Mustard



Onion Chutney

Prep in: 35-45 mins  
Ready in: 40-50 mins

Succulent almond-crusted lamb coupled with sweet baby carrots, creamy mash and steamed baby broccoli, sit pretty together in this elegant dinner. For the finishing touch, whip up an irresistible caramelised onion glaze - never has a combination been so right!

### Pantry items

Olive Oil, Butter, Milk



## 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 · Medium saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
Dutch carrots	1 bunch	2 bunches
rosemary	2 sticks	4 sticks
potato	2	4
baby broccoli	1 bunch	2 bunches
flaked almonds	1 medium packet	1 large packet
butterflied lamb leg	1 medium packet	1 large packet
Dijon mustard	1 medium packet	2 medium packets
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
onion chutney	1 packet (40g)	2 packets (80g)
<b>water*</b>	1 tbs	2 tbs

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2935kJ (701Cal)	455kJ (109Cal)
Protein (g)	52.6g	8.2g
Fat, total (g)	37.6g	5.8g
- saturated (g)	16.8g	2.6g
Carbohydrate (g)	37.6g	5.8g
- sugars (g)	17.4g	2.7g
Sodium (mg)	494mg	77mg

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 Dry Riesling or Grüner Veltliner

## We're here to help!

Scan here if you have any questions or concerns



## Roast the Dutch carrots

- Preheat oven to **240°C/220°C fan-forced**.
- Trim green tops from **Dutch carrots** and scrub them clean.
- Pick and finely chop **rosemary** leaves.
- Place **carrots** on a lined oven tray. Drizzle with **olive oil**, sprinkle over half the **rosemary**, season with **salt** and toss to coat.
- Roast until golden and tender, **15-20 minutes**.



## Make the mash

- While lamb is roasting, half-fill a medium saucepan with boiling water. Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- In last **8 minutes** of cook time, place a colander or steamer basket on top and add **baby broccoli**. Cover and steam until broccoli is tender and potatoes can be easily pierced with a fork.
- Transfer **baby broccoli** to a bowl. Season.
- Drain **potatoes** and return to saucepan. Add the **butter** and the **milk** to potato and season generously with **salt**. Mash until smooth.



## Get prepped

- Meanwhile, peel and cut **potato** into large chunks.
- Trim **baby broccoli** and slice any thicker stems in half lengthways.
- Roughly chop **flaked almonds**.
- In a small bowl, combine **flaked almonds**, remaining **rosemary** and a pinch of **salt**.
- Boil the kettle.



## Make the onion glaze

- Meanwhile, wipe out frying pan and return to medium heat with a drizzle of **olive oil**.
- Cook **onion chutney**, the **water** and a pinch of **salt**, stirring, until heated through, **2 minutes**.
- Add any **lamb resting juices**, stirring to combine.



## Roast the lamb

- Season **butterflied lamb leg** all over.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Sear **lamb** until browned, **2 minutes** each side.
- Transfer **lamb** to a second lined oven tray and spread over the **Dijon mustard**. Spoon over **almond mixture**, gently pressing so it sticks.
- Roast for **6-10 minutes** (depending on thickness) for medium or until cooked to your liking.
- Remove **lamb** from the oven and set aside to rest for **5 minutes**.

**TIP:** The lamb will keep cooking as it rests!



## Serve up

- Slice almond-crusted lamb leg.
- Divide lamb, mash, rosemary Dutch carrots and baby broccoli between plates.
- Drizzle over onion glaze to serve. Enjoy!

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