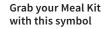


Almond-Crusted Lamb Leg & Potato Puree with Rosemary Dutch Carrots & Onion Glaze

GOURMET









Dutch Carrots





Potato

Baby Broccoli





Flaked Almonds

Butterflied Lamb





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
olive oil*	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
butter*	40g	80g
milk*	2 tbs	1/4 cup
onion chutney	1 packet (40g)	2 packets (80g)
water*	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 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



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.



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.



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 alomnd 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!



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.



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.



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!

