



# Italian Lamb Backstrap & Risoni

with Balsamic Spinach, Rocket & Fennel Salad

GOURMET PLUS

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Risoni



Lamb Backstrap



Tomato Paste



Spinach, Rocket & Fennel Mix



Parmesan Cheese



Parsley

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



A warm and hearty dish is just what the doctor ordered and HelloFresh is happy to assist! Buttery risoni is the perfect base for saucy lamb backstrap and with a side salad to cut the richness, this one is guaranteed to put you into a food coma!

### Pantry items

Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

## 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
<b>butter*</b>	40g	80g
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>water*</b> (for the risoni)	2 cups	4 cups
chicken-style stock powder	1 medium sachet	1 large sachet
risoni	1 medium packet	1 large packet
lamb backstrap	1 small packet	2 small packets OR 1 large packet
tomato paste	1 medium packet	1 large packet
<b>brown sugar*</b>	½ tbs	1 tbs
<b>water*</b> (for the sauce)	⅓ cup	⅔ cup
spinach, rocket & fennel mix	1 medium bag	2 medium bags
<b>balsamic vinegar*</b>	drizzle	drizzle
Parmesan cheese	1 medium packet	1 large packet
parsley	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2483kJ (593Cal)	615kJ (147Cal)
Protein (g)	48.5g	12g
Fat, total (g)	14.7g	3.6g
- saturated (g)	7.1g	1.8g
Carbohydrate (g)	71.6g	17.7g
- sugars (g)	11.3g	2.8g
Sodium (mg)	1101mg	273mg

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 Pinot Noir or Bordeaux Red



## Caramelize the onion

- Thinly slice **brown onion**.
- Finely chop **garlic**.
- Heat a medium saucepan over medium-high heat with a drizzle of **olive oil** and half the **butter**.
- Cook **onion**, stirring, until softened, **4-5 minutes**.
- Stir in **garlic** and half the **garlic & herb seasoning**, until fragrant, **1 minute**.



## Cook the sauce

- Return pan to medium heat with a drizzle of **olive oil**.
- Cook remaining **garlic & herb seasoning** and **tomato paste** until fragrant, **1 minute**.
- Stir in the **brown sugar**, **water (for the sauce)** and the remaining **butter** until slightly thickened, **1-2 minutes**. Season to taste.



## Cook the risoni

- To pan with onion, stir in the **water (for the risoni)**, **chicken-style stock powder** and **risoni**.
- Bring to the boil, then reduce heat to medium and simmer, stirring occasionally, until risoni is al dente and the water is absorbed, **13-15 minutes**.

**TIP:** Add a splash more water if the risoni looks dry!



## Toss the salad

- Meanwhile, in a medium bowl, combine **spinach, rocket & fennel mix**, a drizzle of **olive oil** and the **balsamic vinegar**. Season.



## Cook the lamb

- Meanwhile, season **lamb backstrap** on both sides.
- Heat a large frying pan with a drizzle of **olive oil** over medium-high heat.
- Cook **lamb** for **7-8 minutes** each side for medium or until cooked to your liking. Transfer to a plate to rest for **5 minutes**.



## Serve up

- Stir **Parmesan cheese** through risoni.
- Slice lamb.
- Divide caramelised onion risoni between plates and top with lamb.
- Spoon sauce over lamb. Serve with salad. Tear over **parsley** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



## Rate your recipe

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