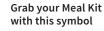


GOURMET PLUS



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!









**Brown Onion** 



Seasoning











Tomato Paste



Spinach, Rocket & Fennel Mix



Parmesan Cheese



Parsley



Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

Prep in: 25-35 mins

# 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

mig. Calci.		
	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
butter*	40g	80g
garlic & herb seasoning	1 medium sachet	1 large sachet
water* (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
brown sugar*	½ tbs	1 tbs
water* (for the sauce)	⅓ cup	¾ cup
spinach, rocket & fennel mix	1 medium bag	2 medium bags
balsamic vinegar*	drizzle	drizzle
Parmesan cheese	1 medium packet	1 large packet
parsley	1 bag	1 bag
*Pantry Items		

#### runti y 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 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



#### Caramelise 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 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!



### 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.



# 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.



# Toss the salad

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



# 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!



Scan here if you have any questions or concerns





# Rate your recipe