



Chimichurri Seared Lamb & Smashed Chat Potatoes

with Semi-Dried Tomato, Olive & Fetta Medley

Grab your Meal Kit with this symbol



Chat Potatoes



Garlic



Lamb Rump



Zucchini



Parsley



Semi-Dried Tomatoes



Fetta Cubes



Green Olives



Walnuts



Pear



Rocket Leaves



Shaved Parmesan Cheese



Balsamic Glaze



Chimichurri Sauce

Hands-on: **35-45 mins**
Ready in: **50-60 mins**

Naturally Gluten-Free
Not suitable for coeliacs

Take a break from the ordinary and make something special for dinner. Herbaceous chimichurri pairs perfectly with the tender roast lamb, while garlicky potatoes and Mediterranean-style veggies round out the feast.

The recent harsh weather conditions have impacted the zucchinis grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chat potatoes	1 bag (400g)	1 bag (800g)
garlic	3 cloves	6 cloves
butter*	30g	60g
lamb rump	1 packet	2 packets
zucchini	1	2
parsley	1 bag	1 bag
semi-dried tomatoes	1 packet	2 packets
fetta cubes	1 small packet	1 medium packet
green olives	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
walnuts	1 medium packet	1 large packet
pear	1	2
rocket leaves	1 small bag (30g)	1 medium bag (60g)
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
balsamic glaze	drizzle	drizzle
chimichurri sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4032kJ (964Cal)	543kJ (130Cal)
Protein (g)	60.9g	8.2g
Fat, total (g)	53.4g	7.2g
- saturated (g)	19.5g	2.6g
Carbohydrate (g)	48.1g	6.5g
- sugars (g)	18g	6.5g
Sodium (mg)	1168mg	157mg

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.



Cook the potatoes

Bring a large saucepan of salted water to the boil. Preheat the oven to **220°C/200°C fan-forced**. Halve the **chat potatoes**. Cook in the boiling water until just tender, **12-15 minutes**. Meanwhile, finely chop the **garlic**. In a small bowl, add the **butter** and 1/2 the **garlic** and microwave in **10 second** bursts or until melted. Stir to combine. Drain the **potatoes** then place, cut-side down, on a lined oven tray. Using a small bowl with a flat base, crush the **potatoes** until roughly 1cm thick. Drizzle with the **garlic butter**. Season with **salt** and **pepper**. Drizzle with **olive oil** if needed. Bake until golden, **20-25 minutes**.



Make the veggie medley

While the lamb is roasting, slice the **zucchini** into rounds. Roughly chop the **parsley**. Wipe out the frying pan and return to a medium-high heat. Cook the **zucchini** until tender, **4-5 minutes**. Transfer to a medium bowl. Add the **parsley**, **semi-dried tomatoes**, **fetta cubes**, **green olives** and a drizzle of **white wine vinegar**. Season.



Prepare the lamb

While the potatoes are cooking, lightly score the **lamb** fat in a 1cm criss-cross pattern. Season the **lamb rump** all over and place, fat-side down, in a large frying pan. Place the pan over a medium heat and cook undisturbed until golden, **10-12 minutes**. Increase the heat to high and sear the **lamb rump** on all sides for **30 seconds**. Transfer, fat-side up, to a second lined oven tray.

TIP: Starting the lamb in a cold pan helps the fat melt without burning.



Make the rocket salad

Roughly chop the **walnuts**. Thinly slice the **pear**. In a second medium bowl, combine the **walnuts**, **pear**, **rocket leaves** and **shaved Parmesan cheese**. Drizzle with **olive oil** and the **balsamic glaze**. Toss to combine. Season.



Roast the lamb

In a small bowl, combine the remaining **garlic** and a drizzle of **olive oil** and season. Spoon the **garlic oil** over the **lamb**. Roast for **15-20 minutes** for medium or until cooked to your liking. Remove from the oven and cover with foil to rest.

TIP: The meat will keep cooking as it rests!



Serve up

Slice the lamb rump and spoon over the **chimichurri sauce**. Serve with the smashed chat potatoes, the semi-dried tomato, olive and fetta medley and the rocket salad.

Enjoy!

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