



HEARTY ITALIAN LAMB AND RISONI SOUP

with Parsley



Use risoni in a soup



Brown Onion



Carrot



Garlic



Parsley



Lamb Leg Steaks



Chicken Stock



Tomato Paste



Risoni



Par-Baked Continental Rolls

Pantry Staples



Butter



Olive Oil



Water



Worcestershire Sauce (Optional)



Salt

Hands-on: 15 mins
Ready in: 35 mins

Lamb is always welcome in a winter stew or warming soup. The flavour here is bolstered by a rich tomatoey stock, and reinforced with rib-sticking risoni. Save for a night you need a warming, hearty pick me up and you won't be disappointed!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **kettle, chef's knife, chopping board, garlic crusher, medium frying pan, tongs, plate, aluminium foil, large saucepan** and a **wooden spoon**.



1 GET PREPPED

Put a full kettle of water on to boil. Preheat the oven to **180°C/160°C fan-forced**. Finely slice the **brown onion**. Finely slice the **carrot**. Peel and crush the **garlic**. Finely chop the **parsley** leaves.



2 COOK THE LAMB

Heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Once the pan is very hot, add the **lamb leg steaks** and cook for **2 minutes** on each side. **TIP:** This will give you a medium steak, but cook for a little less time if you like it rare or a little longer for well-done. Set aside on a plate to rest and cover with foil to rest.



3 COOK THE VEGGIES

Heat a **drizzle of olive oil** in a large saucepan over a medium-high heat. Add the **brown onion, carrot and garlic** and cook for **4-5 minutes**, or until the onion has softened.



4 MAKE THE STOCK

Add the **boiling water (check ingredients list for the amount)**, the crumbled **chicken stock** cube, the **Worcestershire sauce (if using)** and the **tomato paste** to the saucepan with the veggies. Stir to combine. Bring the mixture to the boil and then add the **risoni** and **salt (use suggested amount)**. Reduce the heat to medium and simmer for **8-10 minutes**, or until the risoni is 'al dente'.



5 BAKE THE ROLLS

While the risoni is cooking, place the **par-baked continental rolls** in the oven directly onto the wire racks for **2-3 minutes** to heat through. Slice the **lamb leg steaks** into 1 cm pieces and stir through the soup in the last **1 minute** of the risoni cook time to heat through. Remove the soup from the heat.



6 SERVE UP

Slice the continental rolls in half and spread with **butter**. Divide the lamb and risoni soup between bowls, top with parsley and serve the rolls on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
carrot	1	2
garlic 🌱	2 cloves	4 cloves
parsley 🌱	½ bunch	1 bunch
lamb leg steaks	2	4
boiling water*	3 cups	6 cups
chicken stock	1 cube	2 cubes
Worcestershire sauce* (optional)	1 tbs	2 tbs
tomato paste	1 sachet (2 tbs)	2 sachets (4 tbs)
risoni	1 packet (½ cup)	2 packets (1 cup)
salt*	¼ tsp	½ tsp
par-baked continental rolls	2	4
butter*	2 tsp	1 tbs

*Pantry Items | 🌱 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2500kJ (597Cal)	340kJ (81Cal)
Protein (g)	43.4g	5.9g
Fat, total (g)	20.4g	2.8g
- saturated (g)	7.6g	1.0g
Carbohydrate (g)	55.8g	7.6g
- sugars (g)	12.4g	1.7g
Sodium (g)	479mg	65mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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