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Indian-Spiced Lamb with Roast Veggies & Mango Chutney

A sumptuous lamb roast with a sub-continental twist. This tender lamb rump is spiced with a mild warming curry powder, crispy roasted vegetables and sweet, rich mango chutney. Don't forget to rest your lamb for 10 minutes after roasting for the perfect slices that are blushing and moist.



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 1



lactose
free



gluten
free

Pantry Items



Olive Oil



Potatoes



Carrot



Mild Curry Powder



Lamb Mini Roast



Sugar Snap Peas



Mango Chutney



Lemon

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2P	4P	Ingredients
400 g	800 g	potatoes, unpeeled & cut into 2 cm pieces
1	2	carrot, peeled & cut into 2 cm pieces
1 tbs	2 tbs	olive oil *
1 tbs	2 tbs	mild curry powder (recommended amount)
1 portion	2 portions	lamb mini roast
100 g	200 g	sugar snap peas, trimmed
2 tbs	4 tbs	mango chutney
½	1	lemon, cut into wedges

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2460	Kj
Protein	52.1	g
Fat, total	20.5	g
-saturated	6.9	g
Carbohydrate	43.6	g
-sugars	15.3	g
Sodium	321	mg

Disclaimer: We always try to source the freshest and locally grown ingredients. Unfortunately, due to the recent storms, we weren't able to source green beans this week and have replaced them with sugar snap peas. Don't worry, your recipe will still taste delicious!



You will need: chef's knife, chopping board, vegetable peeler, kettle, oven tray lined with baking paper, small bowl, medium ovenproof frying pan, aluminium foil, heatproof bowl, and a strainer.

1 Preheat the oven to **200°C/180°C fan-forced**. Bring a kettle of water to the boil.

2 Toss the **potato** and **carrot** in half of the **olive oil** and place on the prepared oven tray. Season to taste with **salt** and **pepper**. Cook in the oven for **30-35 minutes**, or until tender and golden.

3 Meanwhile, combine the remaining olive oil with the **mild curry powder** in a small bowl. Rub the curry mixture all over the **lamb mini roast**. Heat a medium ovenproof frying pan over a medium-high heat. Add the lamb mini roast to the pan fat side down and sear on all sides for a total of **3 minutes**. Transfer the pan to the oven and cook for **20 minutes** for medium rare or until cooked to your liking. Remove the lamb mini roast from the pan and cover it with foil to rest for **10 minutes**. Then cut into 1 cm thick slices.

4 While the lamb mini roast is resting, place the **sugar snap peas** in a heatproof bowl and cover with the boiling water from the kettle. Set aside to blanch for **5 minutes** and then drain.

5 To serve, divide the sliced lamb, roast veggies and blanched sugar snap peas between plates. Serve with the **mango chutney** and **lemon wedges**.

Did you know? It is believed that Christopher Columbus introduced lemons to the Americas when he took the seeds with him in 1493.

