



Mediterranean Lamb Shoulder

with Roast Veggie Toss & Garlic Dip

Grab your Meal Kit with this symbol



Slow-Cooked Lamb Shoulder



Dried Oregano



Potato, Carrot & Zucchini Mix



Garlic & Herb Seasoning



Baby Spinach Leaves



Garlic Dip

Prep in: **5 mins**
Ready in: **40 mins**

Naturally Gluten-Free
Not suitable for coeliacs

Carb Smart

Thanks to an already slow-cooked lamb shoulder and pre-chopped veggies, it's never been easier to make a roast dinner with all the trimmings. Simply finish the lamb in the oven for an extra-tender result, roast the veg with a good sprinkle of our garlic and herb seasoning, and complete the Mediterranean theme with our creamy garlic dip!

Pantry items

Olive Oil, Red Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You will need

Medium or large baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked lamb shoulder	1 packet (300g)	1 packet (600g)
dried oregano	½ medium sachet	1 medium sachet
potato, carrot & zucchini mix	1 medium bag	1 large bag
garlic & herb seasoning	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
red wine vinegar*	drizzle	drizzle
garlic dip	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2711kJ (648Cal)	471kJ (113Cal)
Protein (g)	32.3g	5.6g
Fat, total (g)	41.2g	7.2g
- saturated (g)	15.1g	2.6g
Carbohydrate (g)	34.1g	5.9g
- sugars (g)	10.1g	1.8g
Sodium (mg)	825mg	143mg
Dietary Fibre (g)	8.6g	1.5g

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://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://www.hellofresh.com.au/contact)

2022 | CW22

1



Roast the lamb

- Preheat oven to **240°C/220°C fan-forced**. Place **slow-cooked lamb shoulder** in a baking dish. Pour **liquid** from packaging over **lamb** (for a 4-person portion, separate the lamb into its two pieces!).
- Sprinkle **lamb** with **dried oregano** (see ingredients), then turn to coat. Cover with foil. Roast for **25 minutes**.
- Remove from oven. Uncover, then turn **lamb** over (if lamb has a fat layer, turn the fat-side up after removing foil).
- Return **lamb** to oven to continue roasting, until browned and heated through, **10-12 minutes**.

2



Roast the veggies

- While the lamb is roasting, place **potato, carrot & zucchini mix** on a lined oven tray.
- Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt**. Toss to coat.
- Roast until tender, **25-30 minutes**. Set aside to cool slightly.

TIP: *If your oven tray is crowded, divide the veggies between two trays.*

3



Serve up

- To the slightly cooled roast veggie tray, add **baby spinach leaves** and a drizzle of **red wine vinegar**. Toss to combine. Season to taste.
- Slice Mediterranean lamb shoulder. Divide lamb and roast veggie toss between plates.
- Serve with a dollop of **garlic dip**.

Enjoy!