

# Mediterranean Lamb Shoulder

with Roast Veggie Toss & Garlic Dip







Slow-Cooked Lamb Shoulder



Garlic & Herb Seasoning

Dried Oregano



Baby Spinach



Leaves



Prep in: 5 mins Ready in: 40 mins





**Naturally Gluten-Free** *Not suitable for coeliacs* \*

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.

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## You will need

Medium or large baking dish  $\cdot$  Oven tray lined with baking paper

## Ingredients

-		
	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked lamb shoulder	<b>1 packet</b> (300g)	<b>1 packet</b> (600g)
dried oregano	1/2 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

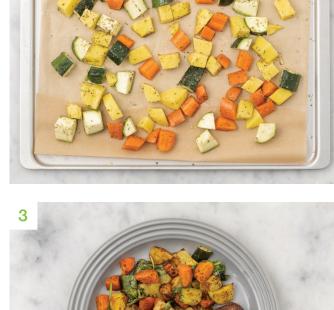
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2711kJ (648Cal)	471kJ (113Cal)
Protein (g)	32.3g	5.6g
Fat, total (g)	41.2g	7.2g
- saturated (g)	15.1g	2.6g
Carbohydrate (g)	34.1g	5.9g
- sugars (g)	10.1g	1.8g
Sodium (mg)	825mg	143mg
Dietary Fibre (g)	8.6g	1.5g

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** for allergen and ingredient information. If you have received a substitute

ingredient, please be aware allergens may have changed.





# 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.**

# 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.

## 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!

If you have any questions or concerns, please visit hellofresh.com.au/contact 2022 | CW22