



Roast Lamb Shoulder Ragu Gnocchi

with Green Salad & Almonds

Grab your Meal Kit with this symbol



Gnocchi



Passata



Garlic & Herb Seasoning



Vegetable Stock Powder



Mixed Salad Leaves



Flaked Almonds



Slow-Cooked Lamb Shoulder

Prep in: **10-20** mins
Ready in: **40-50** mins

An already slow-cooked lamb shoulder means you'll master this meal in three simple steps. While the lamb finishes in the oven, all you have to do is bake the gnocchi and toss the salad. Bring it all together with a red sauce for the golden gnocchi and tender lamb, plus a sprinkle of flaked almonds for crunch!

Pantry items

Olive Oil, Brown Sugar, Balsamic 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

Two medium or large baking dishes

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked lamb shoulder	1 packet (300g)	1 packet (600g)
gnocchi	1 packet	2 packets
passata	1 box	2 boxes
water*	¼ cup	½ cup
garlic & herb seasoning	1 medium sachet	1 large sachet
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tbs	2 tbs
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3552kJ (848Cal)	645kJ (154Cal)
Protein (g)	41.1g	7.5g
Fat, total (g)	29.4g	5.3g
- saturated (g)	14.2g	2.6g
Carbohydrate (g)	101.8g	18.5g
- sugars (g)	11.6g	2.1g
Sodium (mg)	2699mg	490mg

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.

1



2



3



Roast the lamb

- Preheat oven to **240°C/220°C fan-forced**.
- Place **slow-cooked lamb shoulder** (including the packet liquid!) in a baking dish (for a 4-person portion, separate the lamb into its two pieces).
- Cover with foil, then roast for **25 minutes**.
- Remove from oven. Uncover, then turn over **lamb**.
- Return to oven, uncovered. Roast until browned and heated through, a further **10-12 minutes**.

TIP: If the lamb has a fat layer, turn the fat-side up after removing the foil.

Bake the gnocchi & toss the salad

- While the lamb is roasting, place **gnocchi** in a second baking dish.
- Add enough **olive oil** (2 1/2 tbs for 2 people/ 1/3 cup for 4 people) to coat **gnocchi**. Season, then bake until crispy, **15-18 minutes**.
- Remove **gnocchi** from oven. Add **passata**, the **water**, **garlic & herb seasoning**, **vegetable stock powder** and the **brown sugar**. Stir to combine.
- Return **gnocchi** to oven to bake until sauce is slightly thickened, **5-8 minutes**.
- Meanwhile, combine a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Season, then add **mixed salad leaves**. Toss to coat.

Serve up

- Shred the roast lamb directly in the baking dish using two forks.
- Gently stir the shredded lamb through the baked gnocchi.
- Divide roast lamb shoulder ragu gnocchi between bowls. Sprinkle with **flaked almonds**.
- Serve with green salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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