



# Rosemary Garlic Lamb & Mint Sauce

with Cheesy Chat Potatoes, Garlic Greens & Corn Cobs

Grab your Meal Kit with this symbol



Chat Potatoes



Lamb Rump



Corn



Parsley



Grated Parmesan Cheese



Garlic



Rosemary



Green Beans



Silverbeet



Mint Sauce

Hands-on: **35-45 mins**  
Ready in: **50-60 mins**

Naturally Gluten-Free  
*Not suitable for Coeliacs*

A roast lamb is a signature when it comes to a classic roast dinner. We've studded ours with garlic and rosemary, which will permeate the meat as it cooks. Cheesy chat potatoes, garlicky greens and buttery corn cobs complete this feast that's sure to become a family favourite - we guarantee it!

### Pantry items

Olive Oil, Butter, Honey

## 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

Medium saucepan · Two oven trays lined with baking paper · Large frying pan

## Ingredients

|                        | 2 People        | 4 People        |
|------------------------|-----------------|-----------------|
| olive oil*             | refer to method | refer to method |
| butter*                | 20g             | 40g             |
| chat potatoes          | 1 bag (400g)    | 1 bag (800g)    |
| lamb rump              | 1 packet        | 2 packets       |
| corn                   | 1 cob           | 2 cobs          |
| parsley                | 1 bag           | 1 bag           |
| grated Parmesan cheese | 1 packet (30g)  | 2 packets (60g) |
| garlic                 | 2 cloves        | 4 cloves        |
| rosemary               | 2 sticks        | 4 sticks        |
| green beans            | 1 bag (100g)    | 1 bag (200g)    |
| silverbeet             | 1 bag           | 1 bag           |
| honey*                 | 1 tsp           | 2 tsp           |
| mint sauce             | 1 packet        | 2 packets       |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2797kJ (668Cal) | 447kJ (106Cal) |
| Protein (g)      | 57.2g           | 9.1g           |
| Fat, total (g)   | 23.3g           | 3.7g           |
| - saturated (g)  | 11.7g           | 1.9g           |
| Carbohydrate (g) | 52.6g           | 8.4g           |
| - sugars (g)     | 23.9g           | 3.8g           |
| Sodium (mg)      | 508mg           | 81mg           |

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



### Start the chat potatoes

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Place the **butter** in a small bowl and allow to come to room temperature. Cut the **chat potatoes** in half. Cook in the boiling water until tender, **18-20 minutes**.



### Roast the lamb

While the potatoes are roasting, cut 1/2 the **garlic** cloves into 4 slices. Cut the **rosemary** into 2cm sprigs. Use a small, sharp knife to make 8 slits all over the **lamb rump** and push the **garlic** slices and **rosemary** sprigs into the slits. Drizzle the **rosemary** and **garlic** with **olive oil** to prevent burning. Transfer the **lamb**, fat-side up, to a second lined oven tray. Season and roast for **15-20 minutes** for medium or until cooked to your liking. Remove from the oven and cover with foil to rest for **10 minutes**.

**TIP:** The meat will keep cooking as it rests!



### Cook the lamb

While the potatoes are cooking, lightly score the **lamb fat** in a 1cm criss-cross pattern. Season the **lamb rump** all over with **salt** and **pepper** and place, fat-side down, in a large frying pan. Place the pan over a medium heat and cook undisturbed until golden, **10-12 minutes**. Increase the heat to high and sear the **lamb rump** on all sides for **30 seconds**.

**TIP:** Starting the lamb in a cold pan helps the fat melt without burning.



### Cook the garlic greens

When the lamb is resting, trim the **green beans**. Roughly chop the **silverbeet**. Finely chop the remaining **garlic**. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **green beans**, tossing, until tender, **4-5 minutes**. Add the **silverbeet**, **garlic** and the **honey**. Cook until fragrant, **2 minutes**.



### Roast the chat potatoes

While the lamb is cooking, cut the **corn** cob in half. Chop the **parsley** and add it to the **butter**. Season and mash to combine. When the potatoes are tender, drain, then place on a lined oven tray, skin-side up, with the **corn** cobs. Crush each **potato** with the base of a bowl until roughly 1cm thick. Sprinkle with the **grated Parmesan cheese**, drizzle with **olive oil** and season. Bake until golden, **20-25 minutes**.



### Serve up

Slice the rosemary and garlic lamb rump. Place the herb butter onto the corn cob. Take the lamb, corn cobs, crushed cheesy chat potatoes, garlic greens and **mint sauce** to the table.

### Enjoy!