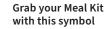
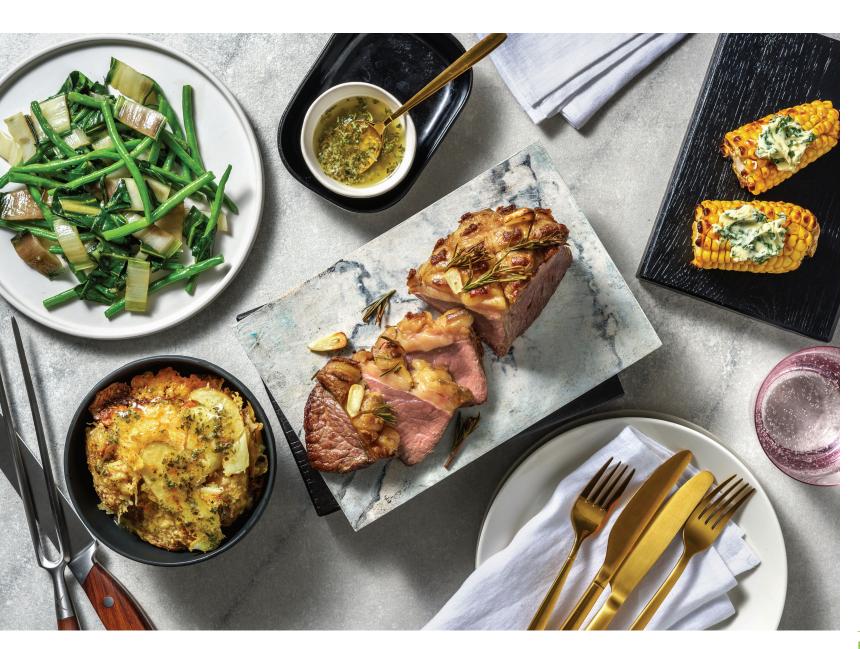


# Rosemary Garlic Lamb & Mint Sauce with Cheesy Chat Potatoes, Garlic Greens & Corn Cobs











**Chat Potatoes** 



Lamb Rump





**Grated Parmesan** 







Rosemary



Silverbeet

Green Beans

**Pantry items** 

Olive Oil, Butter, Honey

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!

#### 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

 $\label{eq:medium} \mbox{Medium saucepan} \cdot \mbox{Two oven trays lined with baking paper} \cdot \mbox{Large frying pan}$ 

# Ingredients

9			
	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	

<sup>\*</sup>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 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.



#### 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.



## 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, skinside 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**.



#### 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 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**.



#### 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!