



# Rosemary Roast Lamb & Dauphinoise Potatoes

with Sautéed Greens

Grab your Meal Kit with this symbol



Potato



Garlic



Rosemary



Light Cooking Cream



Chicken-Style Stock Powder



Grated Parmesan Cheese



Lamb Rump



Green Beans



Baby Broccoli

Hands-on: **30-40 mins**  
Ready in: **55-65 mins**

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

This tender roast lamb rump is just right for a small gathering. Serve with a decadent potato bake, plus some simple sautéed greens to balance out the richness, and you'll be serving up a meal fit for a special occasion.

### Pantry items

Olive Oil

## Before you start

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

**NOTE:** You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Small or medium baking dish · Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	4 cloves	8 cloves
rosemary	2 sticks	4 sticks
light cooking cream	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
lamb rump	1 packet	2 packets
green beans	1 small bag	1 medium bag
baby broccoli	1 bunch	2 bunches

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2838kJ (678Cal)	448kJ (107Cal)
Protein (g)	59.2g	9.3g
Fat, total (g)	32.6g	5.1g
- saturated (g)	14.6g	2.3g
Carbohydrate (g)	34g	5.4g
- sugars (g)	6.7g	5.4g
Sodium (mg)	791mg	125mg

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.

## Fancy a drop?

We recommend pairing this meal with Pinot Noir or Shiraz.



## Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Thinly slice the **potato** into rounds. Finely chop 1/2 the **garlic**. Cut the remaining **garlic** cloves into four slices. Cut the **rosemary** into 2cm sprigs. Cook the **potato** in the saucepan of boiling water until just tender, **3-4 minutes**. Drain, then set aside.



## Roast the lamb

Use a sharp knife to make 8 slits across the **lamb rump**. Push the **garlic** slices and **rosemary** sprigs into the slits. Drizzle the **garlic** and **rosemary** with **olive oil** to prevent burning. Roast the **lamb** on the top shelf for **15-20 minutes** for medium, or until cooked to your liking. Remove the tray from the oven and cover with foil to rest for **10 minutes**.

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



## Bake the dauphinoise potatoes

In a baking dish, combine the **light cooking cream**, finely chopped **garlic**, **chicken-style stock powder** and a pinch of **salt** and **pepper**. Arrange the **potato** slices over the **cream mixture** so they sit flat. Gently shake the dish to cover the potato with the **mixture**. Sprinkle with the **grated Parmesan cheese** and season with **pepper**. Cover with foil, then bake on the middle shelf until the potato is softened, **15 minutes**. Remove from the oven and carefully remove the foil. Return to the oven and bake until golden and the centre is easily pierced with a fork, **10 minutes**.



## Cook the greens

While the lamb is resting, trim the **green beans** and **baby broccoli**. Wash out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Add the **green beans**, **baby broccoli** and a splash of **water** and cook, tossing, until tender, **4-5 minutes**. Season to taste.



## Render the lamb

While the potatoes are baking, 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 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** on all sides for **30 seconds**. Transfer, fat-side up, to an oven tray lined with baking paper. Discard the fat from the pan.

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



## Serve up

Thinly slice the rosemary roast lamb. Divide the lamb, dauphinoise potatoes and sautéed greens between plates. Spoon any resting juices over the lamb to serve.

## Enjoy!

## Rate your recipe

Scan here to rate this recipe!

