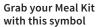


Rosemary Roast Lamb & Dauphinoise Potatoes

with this symbol with Sautéed Greens

















Rosemary





Chicken-Style Stock Powder



Grated Parmesan





Green Beans

Lamb Rump



Baby Broccoli

Pantry items

Olive Oil



Not suitable for coeliacs

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

 $\label{eq:medium} {\sf Medium\, saucepan\cdot Small\, or\, medium\, baking\, dish\cdot } \\ {\sf Large\, frying\, pan\cdot Oven\, tray\, lined\, with\, baking\, paper}$

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 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.



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**.



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.



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!



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.



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!

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