



# Sticky Roast Lamb Shoulder & Potatoes

with Fennel & Tomato Salad

READY TO COOK

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Slow-Cooked Lamb Shoulder



Sticky Meat Glaze



Chopped Potato



Tomato



Salad Leaves



Flaked Almonds

### Recipe Update

Unfortunately, this week's chargrilled capsicum strips was in short supply, so we've replaced it with tomato. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 5-10 mins  
Ready in: 40-50 mins



This lovely lamb dish comes together in three simple steps, with some help from a handful of ready-to-go ingredients - starting with an already slow-cooked lamb shoulder, which you'll pop in the oven for maximum tenderness. Finish it with our sweet and sticky glaze, which works with the salad to cut through the meat's richness.

### Pantry items

Olive Oil, 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

Medium baking dish - Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
slow-cooked lamb shoulder	1 packet (300g)	1 packet (600g)
sticky meat glaze	1 large packet	2 large packets
chopped potato	1 medium bag	1 large bag
tomato	1	2
salad leaves	1 medium bag	1 large bag
<b>balsamic vinegar*</b>	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2656kJ (634Cal)	551kJ (131Cal)
Protein (g)	31.5g	6.5g
Fat, total (g)	33.5g	7g
- saturated (g)	14.8g	3.1g
Carbohydrate (g)	46.2g	9.6g
- sugars (g)	15.3g	3.2g
Sodium (mg)	837mg	174mg

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.

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. Cover with foil, then roast for **25 minutes**.
- Remove foil, then turn **lamb** over. Add **sticky meat glaze** and a splash of **water**. Turn **lamb** to coat.
- Return **lamb** to oven and roast until browned and heated through, a further **10-12 minutes**.

## Roast the potato & make the salad

- When the lamb has **25 minutes** remaining, place **chopped potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast **potato** until tender, **20-25 minutes**.
- Meanwhile, roughly chop **tomato**. Combine **salad leaves** and **tomato** in a medium bowl. Add a drizzle of **balsamic vinegar** and **olive oil**, then toss to coat.

**TIP:** If your oven tray is crowded, divide the chopped potato between two oven trays.

## Serve up

- Slice the sticky glazed lamb shoulder (or shred it in the baking dish using two forks!). Divide lamb, roast potato and tomato salad between plates.
- Spoon any remaining glaze from the baking dish over lamb.
- Sprinkle with **flaked almonds** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns  
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