

Sticky Roast Lamb Shoulder & Potatoes with Fennel & Tomato Salad

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READY TO COOK



Lamb Shoulder

Sticky Meat Glaze





Chopped Potato







Salad Leaves

Flaked Almonds



Pantry items Olive Oil, Balsamic Vinegar

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

Calorie Smart

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.



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 $\operatorname{dish}\cdot\operatorname{Oven}$ tray lined with baking paper

1

2

Ingredients

	2 People	4 People
olive oil*	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
balsamic vinegar*	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

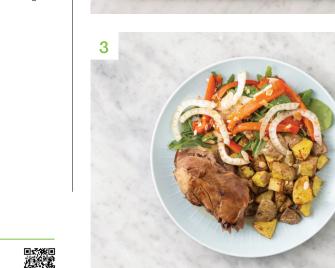
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2656kJ (634Cal)	551kJ (131Cal)
Protein (g)	31.5g	6.5g
Fat, total (g)	33.5g	7g
- saturated (g)	14.8g	3.1g
Carbohydrate (g)	46.2g	9.6g
- sugars (g)	15.3g	3.2g
Sodium (mg)	837mg	174mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!

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