



# Peri Peri-Glazed Lamb Shoulder

with Parmesan Potato Mash & Chilli Lemon Greens

GOURMET PLUS

Grab your Meal Kit with this symbol



Slow-Cooked Lamb Shoulder



Potato



Chives



Grated Parmesan Cheese



Green Beans



Baby Broccoli



Garlic



Lemon



Roasted Almonds



Peri Peri Sauce



Chilli Flakes (Optional)

Prep in: 30-40 mins  
Ready in: 35-45 mins

A peri peri sauce can go with any meat, and it spruces up this tender lamb shoulder to draw people to your table. The sharp Parmesan in the mashed potatoes is also an alluring addition, everyone will be in awe.

### Pantry items

Olive Oil, Butter, Honey

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium or large baking dish · Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
slow-cooked lamb shoulder	1 packet	1 packet
potato	2	4
chives	1 bag	1 bag
grated Parmesan cheese	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
green beans	1 bag (100g)	1 bag (200g)
baby broccoli	1 bag	1 bag
garlic	2 cloves	4 cloves
lemon	1	2
roasted almonds	1 packet	2 packets
peri peri sauce	1 packet (50g)	1 packet (100g)
<b>honey*</b>	1 tsp	2 tsp
chilli flakes (optional)	pinch	pinch

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3046kJ (728Cal)	538kJ (129Cal)
Protein (g)	43.7g	7.7g
Fat, total (g)	40.7g	7.2g
- saturated (g)	16g	2.8g
Carbohydrate (g)	43g	7.6g
- sugars (g)	16.7g	3g
Sodium (mg)	1126mg	199mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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 Chianti



## Roast the lamb

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Place **slow-cooked lamb shoulder** in a baking dish. Pour liquid from packaging over lamb.
- Cover tightly with foil and roast for **12 minutes**.



## Add the sauce

- In a small bowl, combine **peri peri sauce**, the **honey**, **lemon zest** and a splash of **water**.
- Turn **lamb**, then top with **sauce**. Roast, uncovered until browned and heated through, a further **12-13 minutes**.



## Make the potato mash

- Half-fill a medium saucepan with boiling water and a pinch of **salt**. Peel **potato** and cut into large chunks. Thinly slice **chives**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**. Drain and return to saucepan.
- Add **grated Parmesan cheese**, the **butter** and a generous pinch of **salt**, then mash until smooth.
- Add **chives** and stir to combine. Cover to keep warm.



## Cook the greens

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans** and **baby broccoli** until tender, **4-5 minutes**.
- Add **garlic** and **chilli flakes** (if using), and cook until fragrant, **1 minute**.
- Remove pan from heat, then add a squeeze of **lemon juice**. Season to taste.



## Get prepped

- Meanwhile, trim **green beans**. Halve any thick stalks of **baby broccoli** lengthways. Finely chop **garlic**.
- Zest **lemon** to get a pinch and slice into wedges. Roughly chop **roasted almonds**.



## Serve up

- Slice lamb shoulder.
- Divide Parmesan potato mash, chilli lemon greens and lamb between plates.
- Spoon over any remaining peri peri glaze. Garnish with roasted almonds. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)