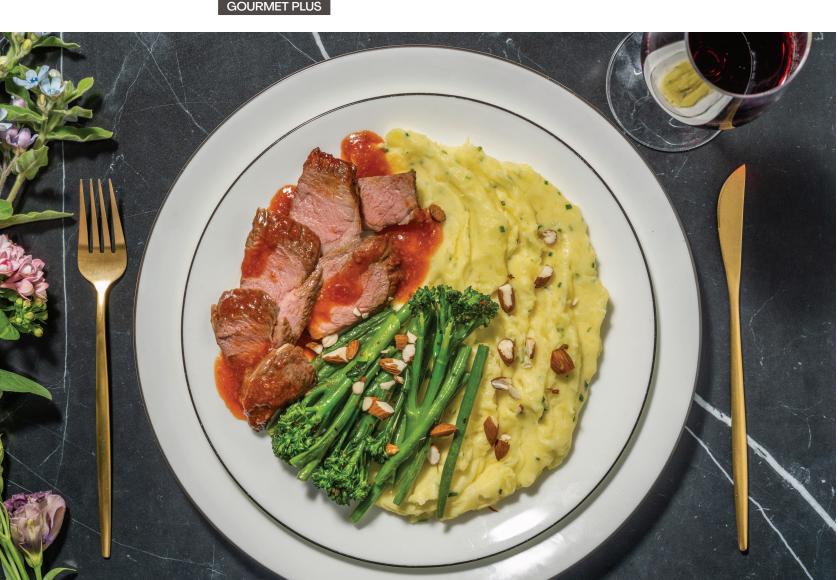
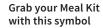


Peri Peri-Glazed Lamb Shoulder

with Parmesan Potato Mash & Chilli Lemon Greens

GOURMET PLUS









Slow-Cooked Lamb Shoulder

Potato



Chives

Grated Parmesan Cheese





Green Beans

Baby Broccoli











Lemon

Roasted Almonds

Peri Peri Sauce



Chilli Flakes (Optional)



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

 $\label{eq:medium} \mbox{Medium or large baking dish} \cdot \mbox{Medium saucepan} \cdot \mbox{Large frying pan}$

Ingredients

	2 People	4 People
olive oil*	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
butter*	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)
honey*	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 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.



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.



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.



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.



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.



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!



