



Sweet Orange-Glazed Lamb

with Baby Broccoli & Cheesy Mash

GOURMET PLUS

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Garlic



Orange



Shredded Cheddar Cheese



Lamb Shortloin



Apricot Sauce



Vegetable Stock Powder



Parsley

Prep in: 25-35 mins
Ready in: 40-50 mins

Sweet and zesty oranges don't have to be saved for desserts, bring in the juicy fruit flavours to a seared lamb dinner by making an orange glaze. The savoury side is covered with cheesy potato mash and garlicky greens.

Pantry items

Olive Oil, Butter, Milk, Vinegar (White Wine or Balsamic)

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 saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
baby broccoli	1 bunch	2 bunches
garlic	3 cloves	6 cloves
orange	½	1
butter* (for the mash)	40g	80g
milk*	2 tbs	¼ cup
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
lamb shortloin	1 packet	1 packet
apricot sauce	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
vinegar* (white wine or balsamic)	½ tbs	1 tbs
butter* (for the sauce)	20g	40g
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3341kJ (799Cal)	522kJ (125Cal)
Protein (g)	47.4g	7.4g
Fat, total (g)	44.1g	6.9g
- saturated (g)	23.5g	3.7g
Carbohydrate (g)	51.5g	8.1g
- sugars (g)	28g	4.4g
Sodium (mg)	842mg	132mg

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 Dry Riesling or Grüner Veltliner



Get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Halve any thicker stalks of **baby broccoli** lengthways. Finely chop **garlic**. Zest **orange** (see **ingredients**) to get a pinch and cut **orange** into wedges.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Cook the lamb

- Season **lamb shortloin** on both sides.
- Return the pan to high heat with a drizzle of **olive oil**. Cook **lamb** for **5-6 minutes**, each side, or until cooked to your liking. Transfer to a plate to rest for **5 minutes** and cover to keep warm.



Make the cheesy mash

- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain and return **potato** to the pan.
- Add **butter (for the mash)**, the **milk** and **shredded Cheddar cheese** to the **potato**.
- Mash until smooth. Cover to keep warm.



Make the orange glaze

- While the lamb is resting, combine **apricot sauce**, **vegetable stock powder**, **orange zest**, a squeeze of **orange juice** and the **vinegar** in a small bowl.
- Return the frying pan to medium heat with a drizzle of **olive oil**. Add remaining **garlic** and cook until fragrant, **30 seconds**.
- Add the **orange juice mixture** and a splash of **water** and simmer until thickened, **1-2 minutes**. Remove pan from heat, then stir through **butter (for the sauce)**.



Cook the baby broccoli

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** and a dash of **water** until tender, **5-6 minutes**.
- Add half the **garlic** and cook until fragrant, **30 seconds**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



Serve up

- Thinly slice lamb.
- Divide cheesy mash, baby broccoli and lamb between plates. Spoon over orange glaze.
- Tear over **parsley** leaves to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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