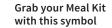
Sweet Orange-Glazed Lamb with Baby Broccoli & Cheesy Mash

GOURMET PLUS









Potato

Baby Broccoli



Garlic



Orange



Shredded Cheddar



Lamb Shortloin

Cheese



Apricot Sauce







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

ingi calcino			
	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	1/2	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!



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.



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.



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 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).



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!



