



Deluxe Lamb Shoulder & Parmesan Pie

with Filo Pastry & Balsamic Green Bean Rocket Salad

GOURMET PLUS

Grab your meal kit with this number

28



Slow-Cooked Lamb Shoulder



Onion



Carrot



Celery



Garlic



Tomato Paste



Nan's Special Seasoning



Filo Pastry



Grated Parmesan Cheese



Green Beans



Rocket Leaves

Prep in: 20-30 mins
Ready in: 50-60 mins

For tonight's dinner, we've done the hard bit for you by slow cooking lamb shoulder to meltingly tender perfection. This forms the base of our favourite cold-weather meal - a hearty, soul-satiating pie. Top the lamb filling with layers of flaky filo and a sprinkling of Parmesan for the ultimate demonstration of stylish comfort food.

Pantry items

Olive Oil, Butter, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked lamb shoulder	1 medium packet	2 medium packets OR 1 large packet
onion	½	1
carrot	1	2
celery	1 stalk	2 stalks
garlic	2 cloves	4 cloves
tomato paste	1 packet	2 packets
Nan's special seasoning	1 medium sachet	1 large sachet
water*	½ cup	1 cup
butter*	30g	60g
filo pastry	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
green beans	1 small packet	1 medium packet
rocket leaves	1 small packet	1 medium packet
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3213kJ (768Cal)	595kJ (142Cal)
Protein (g)	41.7g	7.7g
Fat, total (g)	40.5g	7.5g
- saturated (g)	19.1g	3.5g
Carbohydrate (g)	58.5g	10.8g
- sugars (g)	8.9g	1.6g
Sodium (mg)	1560mg	289mg
Dietary Fibre (g)	11.9g	2.2g

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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Roast the lamb shoulder

- Preheat oven to **240°C/220°C fan-forced**.
- Place **slow-cooked lamb shoulder** in a baking dish. Pour **liquid** from packaging over **lamb**.
- Cover tightly with foil and roast for **12 minutes**.
- Remove **lamb** from the oven, then using two forks, pull **lamb** apart into small pieces.



Bake the pie

- Lightly scrunch each sheet of **filo pastry** and place on top of **lamb mixture** to completely cover. Gently brush **melted butter** over to coat.
- Bake **pie** until golden, **20-25 minutes**.
- In the **last 5 minutes** of cook time, remove from oven, sprinkle with **grated Parmesan cheese** and bake until golden and crisp.



Get prepped

- Meanwhile, finely chop **onion** (see ingredients), **carrot**, **celery** and **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, **carrot** and **celery** until tender, **6-8 minutes**.
- Add **garlic**, **tomato paste** and **Nan's special seasoning** and cook until fragrant, **1-2 minutes**.



Cook the green beans

- While the pie is baking, trim **green beans**.
- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **green beans** until tender, **4-5 minutes**.
- Transfer **green beans** to a medium bowl, then add **rocket leaves** and a drizzle of **balsamic vinegar** and **olive oil**. Toss to combine and season to taste.



Cook the filling

- Reduce heat to medium-low, then add the **water** and cook until slightly reduced, **1-2 minutes**. Season with **salt** and **pepper**.
- Meanwhile, in a small microwave-safe bowl, add the **butter** and microwave in **10 second** bursts until melted.
- Pour **veggie mixture** over **lamb** in the baking dish and stir to combine.



Serve up

- Divide deluxe lamb shoulder and Parmesan filo pie between plates.
- Serve with balsamic green bean rocket salad. Enjoy!

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