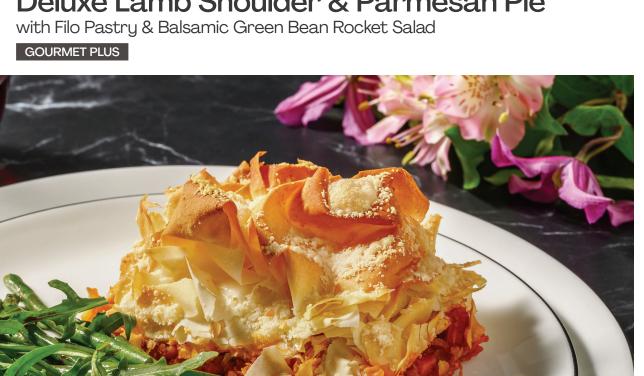


Deluxe Lamb Shoulder & Parmesan Pie



Grab your meal kit with this number







Lamb Shoulder





Carrot





Tomato Paste





Nan's Special Seasoning

Filo Pastry





Grated Parmesan Green Beans Cheese



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

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	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	1/2	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

Browse our Wine Boxes in the expanded menu to find your next perfect pairing.



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.



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 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.



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.



Cook the green beans

- While the pie is baking, trim green beans.
- · Wipe out frying pan and return to mediumhigh 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.



Serve up

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

