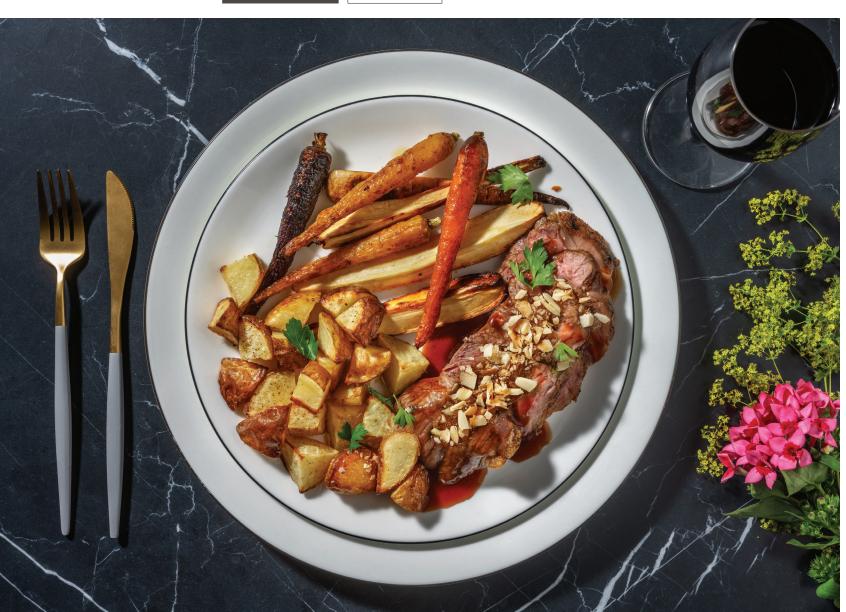
WINTER SPECIAL

KID FRIENDLY









Potato



Parsnip



Lamb Rump





**Gravy Granules** 



Roasted Almonds



Parsley

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling 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

Large frying pan  $\cdot$  Oven tray lined with baking paper  $\cdot$  Medium or large baking dish

# Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
baby rainbow carrots	1 large packet	2 large packets		
parsnip	1	2		
lamb rump	1 medium packet	2 medium packets OR 1 large packet		
water* (for the veggies)	1/4 cup	½ cup		
butter* (for the veggies)	20g	40g		
red wine jus	1 medium packet	1 large packet		
butter* (for the sauce)	20g	40g		
gravy granules	1 sachet	2 sachets		
boiling water*	½ cup	1 cup		
roasted almonds	1 packet	2 packets		
parsley	1 packet	1 packet		
at.				

<sup>\*</sup>Pantry Items

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3875kJ (926Cal)	585kJ (140Cal)
Protein (g)	41.9g	6.3g
Fat, total (g)	50.2g	7.6g
- saturated (g)	25.9g	3.9g
Carbohydrate (g)	56.1g	8.5g
- sugars (g)	31.3g	4.7g
Sodium (mg)	766mg	116mg
Dietary Fibre (g)	10.3g	1.6g

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.



## Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into bite-sized chunks.
- Trim green tops from baby rainbow carrots and scrub them clean.
- Cut parsnip into wedges lengthways.
- Score lamb rump fat in a criss-cross pattern and season all over with salt and pepper.



### Sear the lamb

- Place lamb, fat-side down, in a large frying pan (no need for oil!). Place pan over medium heat and cook, undisturbed, until golden,
   10 minutes.
- Increase heat to high and sear lamb rump on all sides for 30 seconds.

**TIP:** Starting the lamb in a cold pan helps the fat melt without burning.



## Roast the lamb & potatoes

- Place potatoes on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Add lamb to one side of the tray, and roast for 15-20 minutes for medium or until cooked to your liking.
- Remove tray from oven, then transfer lamb to a plate and cover with foil. Allow to rest for 10 minutes.
- Return potatoes to the oven and roast until tender, a further 5-10 minutes.

**TIP:** The lamb will keep cooking as it rests! **TIP:** If your oven tray is crowded, divide between two trays.



## Braise the carrots

- Meanwhile, place baby carrots, parsnip, the water (for the veggies) and butter (for the veggies) in a baking dish.
- Season generously with **salt** and **pepper**, then lightly toss to coat.
- Braise carrots in the oven until tender,
  20-25 minutes.



## Make the gravy

- While the **lamb** is resting, boil the kettle.
- In a microwave-safe bowl, add red wine jus and butter (for the sauce), then microwave in 30 second bursts until warmed through.
- Add gravy granules and the boiling water (½ cup for 2 people / 1 cup for 4 people), to the bowl, whisking until smooth. Set aside.
- Crush roasted almonds in a mortar and pestle, or in their sachet using a rolling pin until resembling fine crumbs.



## Serve up

- · Slice the lamb.
- Divide lamp rump, roast potatoes and braised veggies between plates.
- Drizzle red wine gravy over lamb.
- Garnish with roasted almonds and tear over parsley to serve. Enjoy!

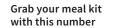
**Little cooks:** Add the finishing touch and sprinkle over the parsley and nuts. Enjoy!





# Berry Compote Cheesecake with Biscuit Crumble

WINTER SPECIAL









Slivered Almonds



**Berry Compote** 



## Before you start

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

If you're cooking for 6, double the below quantities and store the leftovers in an airtight container.

### You will need

Oven tray lined with baking paper  $\cdot$  Large frying pan  $\cdot$  Four serving glasses or jars

## Ingredients

	4 People
butter*	50g
plain flour*	½ cup
brown sugar*	2 tbs
slivered almonds	2 packets
cream cheese	1 packet
lcing sugar*	2 tbs
berry compote	1 packet

<sup>\*</sup>Pantry Items

### **Nutrition**

Per Serving*	Per 100g
2839kJ (678Cal)	1626kJ (388Cal)
12.3g	7g
48.9g	28g
22g	12.6g
47.5g	27.2g
25.5g	14.6g
309mg	177mg
3.6g	2.1g
	2839kJ (678Cal) 12.3g 48.9g 22g 47.5g 25.5g 309mg

The quantities provided above are averages only. \*Nutritional information is based on 4 servings.

## **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.



### Make the crumble

- Preheat oven to 180°C/160°C fan-forced.
- · Cut the **butter** into small cubes.
- In a medium bowl, add the plain flour, brown sugar and butter. Using your fingertips, rub butter into the flour and sugar until mixture resembles breadcrumbs.
- Transfer to a lined oven tray and spread out, keeping some clumped together. Bake until golden, 8-10 minutes. Set aside to cool completely.

**TIP:** Keep the crumb slightly clumped together on the tray, if it's spread too thin it can burn!



### Assemble the cheesecakes

- In a medium bowl, whisk together cream cheese, icing sugar and half the berry compote.
- Divide cream cheese mix between glasses and top with remaining berry compote.
- Divide almond crumb between cheesecakes.



### Toast the almonds

- While the crumb is baking, heat a large frying pan over medium-high heat.
  Toast slivered almonds, tossing, until golden, 3-4 minutes. Transfer to a small bowl and set aside.
- When butter crumb has cooled, add toasted almonds and toss to combine, then store in an airtight container.



## Serve up

 Place berry compote cheesecakes in fridge for 20 minutes or until ready to serve. Enjoy!

