



Peri Peri-Glazed Lamb Shoulder

with Parmesan Potato Mash & Chilli Lemon Greens

GOURMET PLUS

Grab your meal kit with this number

28



Slow-Cooked Lamb Shoulder



Potato



Grated Parmesan Cheese



Green Beans



Baby Broccoli



Garlic



Lemon



Roasted Almonds



Peri Peri Sauce



Chilli Flakes (Optional)



Coriander

Prep in: 30-40 mins
Ready in: 35-45 mins

Protein Rich

Peri Peri sauce can go with any meat, and it spruces up this tender lamb shoulder to draw people to your table. The sharp Parmesan in the mashed potatoes is also an alluring addition, everyone will be in awe.

Pantry items

Olive Oil, Butter, Honey

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

Medium or large baking dish · Medium saucepan · 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
potato	2	4
grated Parmesan cheese	1 medium packet	1 large packet
butter*	20g	40g
green beans	1 small packet	1 medium packet
baby broccoli	½ medium bunch	1 medium bunch
garlic	2 cloves	4 cloves
lemon	1	2
roasted almonds	1 packet	2 packets
peri peri sauce	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
chilli flakes (optional)	pinch	pinch
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3044kJ (728cal)	295kJ (71cal)
Protein (g)	43.6g	4.2g
Fat, total (g)	40.7g	3.9g
- saturated (g)	16.1g	1.6g
Carbohydrate (g)	43.6g	4.2g
- sugars (g)	21.7g	2.1g
Sodium (mg)	1143mg	110.8mg
Dietary Fibre (g)	9.5g	0.9g

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.

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2024 | CW37



Roast the lamb

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Place **slow-cooked lamb shoulder** in a baking dish. Pour **liquid** from packaging over **lamb**.
- Cover tightly with foil and roast for **12 minutes**.



Add the sauce

- In a small bowl, combine **peri peri sauce**, the **honey**, **lemon zest** and a splash of **water**.
- Turn **lamb**, then top with **sauce**. Roast, uncovered until browned and heated through, a further **12-13 minutes**.



Make the potato mash

- Half-fill a medium saucepan with **boiling water** and a pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**. Drain and return to saucepan.
- Add **grated Parmesan cheese**, the **butter** and a generous pinch of **salt**, then mash until smooth.
- Cover to keep warm.



Cook the greens

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans** and **baby broccoli** until tender, **4-5 minutes**.
- Add **garlic** and **chilli flakes** (if using), and cook until fragrant, **1 minute**.
- Remove pan from heat, then add a squeeze of **lemon juice**. Season to taste.



Get prepped

- Meanwhile, trim **green beans**.
- Halve any thicker stalks of **baby broccoli** lengthways.
- Finely chop **garlic**.
- Zest **lemon** to get a pinch and slice into wedges.
- Roughly chop **roasted almonds**.



Serve up

- Slice lamb shoulder.
- Divide Parmesan potato mash, chilli lemon greens and lamb between plates.
- Spoon over any remaining peri peri glaze. Garnish with roasted almonds and tear over **coriander** to serve. Enjoy!

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