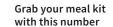


# Peri Peri-Glazed Lamb Shoulder

with Parmesan Potato Mash & Chilli Lemon Greens

GOURMET PLUS









Slow-Cooked Lamb Shoulder







**Grated Parmesan** Cheese

Green Beans



Baby Broccoli





Lemon

**Roasted Almonds** 

Chilli Flakes (Optional)





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



**Pantry items** 

## 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

 $\label{eq:medium} \mbox{Medium or large baking dish} \cdot \mbox{Medium saucepan} \cdot \mbox{Large frying pan}$ 

## 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

<sup>\*</sup>Pantry Items

#### **Nutrition**

Per Serving	Per 100g			
3044kJ (728cal)	295kJ (71cal)			
43.6g	4.2g			
40.7g	3.9g			
16.1g	1.6g			
43.6g	4.2g			
21.7g	2.1g			
1143mg	110.8mg			
9.5g	0.9g			
	3044kJ (728cal) 43.6g 40.7g 16.1g 43.6g 21.7g 1143mg			

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

- 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.



## 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.



## 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.



### 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.



## 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.



## 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!

