

Rosemary & Caramelised Onion Lamb Shortloin

with Roasted Rainbow Carrots & Wedges

GOURMET PLUS

Grab your meal kit with this number

28



Potato



Baby Rainbow Carrots



Garlic



Rosemary



Onion Chutney



Baby Broccoli



Slivered Almonds



Lamb Shortloin

Prep in: 30-40 mins
Ready in: 45-55 mins



Protein Rich



Calorie Smart

This tender and flavourful cut of lamb is too good to miss, with a sticky-sweet and savoury glaze coating all over. Serve it with roasted baby veg and crispy potato wedges for the ultimate combo - all of our dinner-time dreams are coming true.

Pantry items

Olive Oil, Balsamic Vinegar

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

Two oven trays lined with baking paper · Large frying pan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
baby rainbow carrots	½ large packet	1 large packet
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
onion chutney	1 medium packet	1 large packet
balsamic vinegar*	1 tbs	2 tbs
baby broccoli	1 medium bunch	2 medium bunches
slivered almonds	1 packet	2 packets
lamb shortloin	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2407kJ (575cal)	235kJ (56cal)
Protein (g)	44.7g	4.4g
Fat, total (g)	20.1g	2g
- saturated (g)	3.2g	0.3g
Carbohydrate (g)	48.4g	4.7g
- sugars (g)	17.8g	1.7g
Sodium (mg)	501mg	48.9mg
Dietary Fibre (g)	12.4g	1.2g

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.

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Roast the veggies

- Preheat the oven to **220°C/200°C fan-forced**.
- Cut the **potato** into wedges. Trim the green tops from the **baby rainbow carrots**, then scrub the **carrots** clean.
- Place the **veggies** on a lined oven tray. Drizzle generously with **olive oil**, then add the **salt** and season with **pepper**.
- Roast the veggies until golden and cooked through, **25-30 minutes**.



Cook the lamb

- Meanwhile, pat the **lamb shortloin** dry with paper towel, then season both sides.
- Return the frying pan to a high heat with a drizzle of **olive oil**.
- Cook the **lamb** for **3-4 minutes** each side for medium or until cooked to your liking.



Get prepped

- While the veggies are roasting, finely chop the **garlic**. Pick the **rosemary** leaves and finely chop.
- In a small bowl, combine the **garlic**, **rosemary**, **onion chutney** and **balsamic vinegar**. Drizzle with **olive oil** and stir to combine. Set aside.

TIP: Run your fingers down the rosemary to remove the leaves easily.



Glaze the lamb

- Remove the pan from the heat, then add the **onion chutney mixture** and turn to coat the **lamb**.
- Transfer to a plate to rest for **4 minutes**.



Cook the baby broccoli

- Trim the **baby broccoli** and cut any larger stalks in half lengthways.
- Heat a large frying pan over a medium-high heat. Toast the **slivered almonds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.
- Return the frying pan to a medium-high heat with a drizzle of **olive oil**.
- Cook the **baby broccoli**, tossing, until just tender, **4-5 minutes**. Season, then transfer to a plate and cover to keep warm.



Serve up

- Slice the caramelised onion lamb shortloin.
- Divide the roasted veggies and baby broccoli between plates.
- Top with the lamb and spoon over any remaining glaze. Garnish with the toasted almonds to serve. Enjoy!

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