

# Herby 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



Asparagus



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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	3	6
baby rainbow carrots	½ large packet	1 large packet
<b>salt*</b>	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
onion chutney	1 medium packet	1 large packet
<b>balsamic vinegar*</b>	1 tbs	2 tbs
asparagus	1 bunch	2 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](https://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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



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## Roast the veggies

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

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## Cook the lamb

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

### Top Steak Tips!

1. Remove steak from packaging and set aside at room temperature 15 minutes before cooking.
2. Use paper towel to pat steak dry before seasoning.
3. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
4. Let steak rest on a plate for 5 minutes before slicing.

2



## Get prepped

- While the veggies are roasting, finely chop **garlic**. Pick **rosemary leaves** and finely chop.
- In a small bowl, combine **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.

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## Glaze the lamb

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

3



## Cook the baby broccoli

- Trim ends of **asparagus**.
- Heat a large frying pan over medium-high heat. Toast **almonds**, tossing, until golden, **1-2 minutes**. Transfer to a bowl.
- Return the frying pan to a medium-high heat with a drizzle of **olive oil**.
- Cook **asparagus**, tossing, until just tender, **5-6 minutes**. Add a dash of water to help **asparagus** cook.
- Season, then transfer to a plate and cover to keep warm.

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## Serve up

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

## Rate your recipe

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