



Lamb Shortloin & Mushroom Peppercorn Sauce

with Currant-Bacon Brussels Sprouts & Mash

Grab your Meal Kit with this symbol



Brussels Sprouts



Diced Bacon



Currants



Potato



Mushrooms



Lamb Shortloin



Garlic & Herb Seasoning



Peppercorn Sauce

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-35 mins
Ready in: 35-45 mins

Get out the candles and dust off the fancy plates that you've been keeping for a 'special occasion' because tonight's dinner is worthy of a little pampering. Tender and juicy shortloin lamb cooked to your liking with a earthen smokey mushroom sauce will set the mood as delicious and decadent. Following it up with currants and roasted Brussels sprouts and a buttery mashed potato rounds off your indulgent evening nicely. Enjoy!

Pantry items

Olive Oil, Butter, Milk

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
Brussels sprouts	1 bag (150g)	1 bag (300g)
diced bacon	1 packet	1 packet
currants	½ packet	1 packet
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
mushrooms	1 packet	1 packet
lamb shortloin	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
peppercorn sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3527kJ (843Cal)	502kJ (120Cal)
Protein (g)	53.3g	7.6g
Fat, total (g)	43.8g	6.2g
- saturated (g)	21.4g	3g
Carbohydrate (g)	57.2g	8.1g
- sugars (g)	29g	4.1g
Sodium (mg)	1623mg	231mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

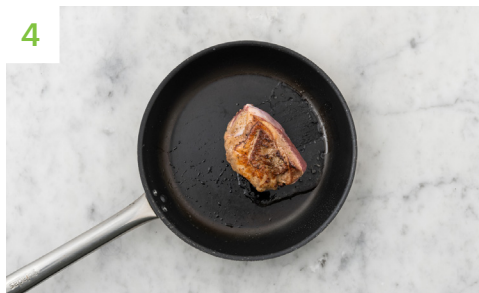
Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the Brussels sprouts

Preheat oven to **220°C/200°C fan-forced**. Halve **Brussels sprouts**. Place **Brussels sprouts** and **diced bacon** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Arrange cut-side down and roast until tender, **15-18 minutes**. When the sprouts are done, add **currants** (see ingredients) to the oven tray and toss to combine.

TIP: The Brussels sprouts will char slightly, this adds to the flavour!



Cook the lamb

In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **lamb** for **3-4 minutes** each side for medium or until cooked to your liking. Transfer to a plate to rest for **5 minutes**.



Make the mash

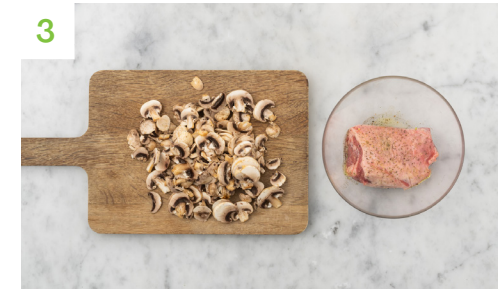
Meanwhile, bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks. Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan. Add the **butter** and **milk** to the **potato**, then season generously with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Make the mushroom sauce

While the lamb is resting, return the frying pan to medium-high heat with a drizzle of **olive oil**. Add **mushrooms** and cook until browned and softened, **8-10 minutes**. Add **peppercorn sauce** and a splash of **water** to the pan, then stir until heated, **1-2 minutes**.



Get prepped

While the potato is cooking, thinly slice **mushrooms**. In a medium bowl, combine **lamb shortloin**, **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.



Serve up

Slice lamb shortloin. Divide mash, lamb and currant-bacon Brussels sprouts between plates. Pour over mushroom peppercorn sauce to serve.

Enjoy!