



Prosciutto-Wrapped Lamb & Parmesan Mash

with Garlic Veggies & Peppercorn-Hollandaise Sauce

Grab your Meal Kit with this symbol



Garlic



Baby Broccoli



Green Beans



Baby Rainbow Carrots



Potato



Grated Parmesan Cheese



Prosciutto



Lamb Shortloin



Flaked Almonds



Black Peppercorns



Hollandaise

Hands-on: **30-40 mins**
Ready in: **45-55 mins**

Treat yourself with this tender and moist lamb that's been gently wrapped by salty prosciutto. Following closely behind on the theme of decadence, there's a rich peppercorn-hollandaise sauce and creamy mash to soak it up. Kick your feet up because it's time to dig into a restaurant-quality dish in the comfort of your own home.

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

Two oven trays lined with baking paper ·
Medium saucepan with lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|------------------------|-------------------|-------------------|
| olive oil* | refer to method | refer to method |
| garlic | 2 cloves | 4 cloves |
| baby broccoli | 1 bag | 1 bag |
| green beans | 1 bag (100g) | 1 bag (200g) |
| baby rainbow carrots | 1 bunch | 1 bunch |
| potato | 2 | 4 |
| butter* | 40g | 80g |
| milk* | 2½ tbs | ½ cup |
| grated Parmesan cheese | 1 packet (30g) | 1 packet (60g) |
| prosciutto | 1 packet | 2 packets |
| lamb shortloin | 1 packet | 1 packet |
| flaked almonds | 1 packet | 2 packets |
| black peppercorns | ½ sachet | 1 sachet |
| Hollandaise | 1 medium packet | 2 medium packets |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3086kJ (738Cal) | 483kJ (115Cal) |
| Protein (g) | 58.4g | 9.1g |
| Fat, total (g) | 38.6g | 6g |
| - saturated (g) | 17.9g | 2.8g |
| Carbohydrate (g) | 35.9g | 5.6g |
| - sugars (g) | 8.8g | 1.4g |
| Sodium (mg) | 1397mg | 219mg |

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 carrots

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic**. Trim the **baby broccoli** and **green beans**. Trim the green tops from the **baby rainbow carrots**, scrub them clean and halve lengthways. Place **carrots** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.



Cook the veggies

While the lamb is roasting, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **baby broccoli** and **green beans**, tossing, until tender, **4-5 minutes**. Add the **garlic** and **flaked almonds** and cook, stirring, until fragrant, **1 minute**. Transfer to the serving plates.

TIP: Add a dash of water to the pan to help speed up the veggie cooking process.



Make the Parmesan mash

While the carrots are roasting, bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Cook the **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan. Add the **butter**, **milk**, **grated Parmesan cheese** and a generous pinch of **salt**, then mash until smooth. Cover to keep warm.

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



Make the sauce

Lightly crush the **black peppercorns** (see ingredients) with a mortar and pestle or in their sachet using a rolling pin. Wipe out the frying pan, then return to a medium heat, add the crushed **peppercorns**, **Hollandaise** and a splash of **water** and cook until fragrant and thickened slightly, **1 minute**.



Roast the lamb

While the potato is cooking, lay 2-3 slices of **prosciutto**, slightly overlapping on their long sides, on a second lined oven tray. Place one piece of **lamb shortloin** across the **prosciutto**. Wrap the **prosciutto** around the **lamb** and place seam-side down on the oven tray. Repeat with the remaining **lamb** and **prosciutto**. When the carrots have **10 minutes** cook time remaining, roast the **lamb** for **7-10 minutes** for medium or until cooked to your liking. Transfer to a plate to rest for **5 minutes**.



Serve up

Slice the prosciutto-wrapped lamb. Divide the Parmesan mash and roasted carrots between the plates of garlic veggies. Top with the lamb. Spoon over the peppercorn-Hollandaise sauce to serve.

Enjoy!