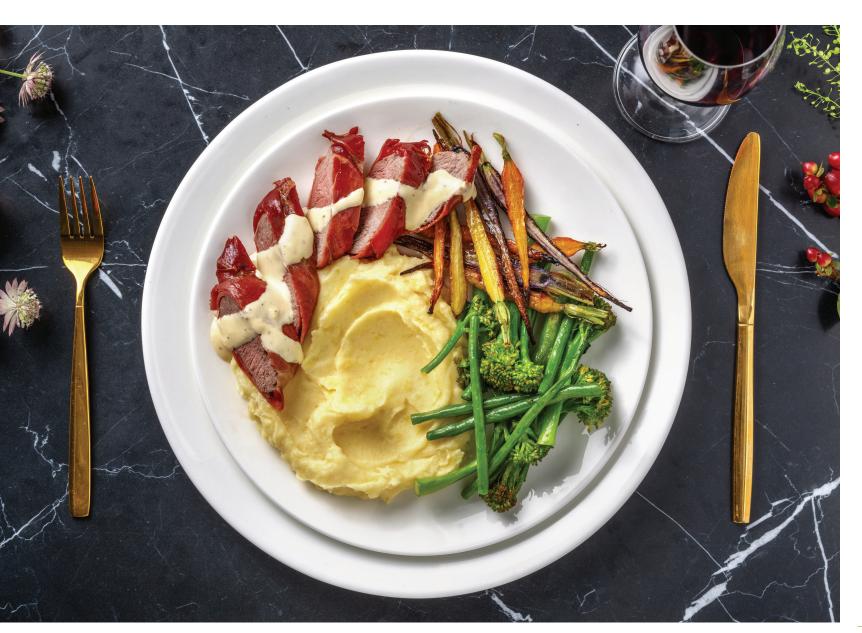


Prosciutto-Wrapped Lamb & Parmesan Mash

with Garlic Veggies & Peppercorn-Hollandaise Sauce

Grab your Meal Kit with this symbol











Green Beans







Potato









Prosciutto

Lamb Shortloin



Flaked Almonds



Black Peppercorns



Hollandaise

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

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	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	⅓ 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.



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!



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**.



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 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**.



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!