

Rosemary & Caramelised Onion Lamb Shortloin

with Roasted Rainbow Carrots & Wedges

Grab your Meal Kit with this symbol



Potato



Baby Rainbow Carrots



Garlic



Rosemary



Onion Chutney



Baby Broccoli




Slivered Almonds



Lamb Shortloin

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

 Calorie Smart

This special occasion dinner uses a handy method of coating the lamb in a caramelised onion glaze before resting for the ideal tenderness and flavour. Although there's a bit of prep at the start, you'll have time to relax while the veggies are in the oven – set the table, pour your drink of choice or just put your feet up while the flavours mingle into a magic meal.

Pantry items

Olive Oil, Balsamic Vinegar

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
baby rainbow carrots	1 bunch	2 bunches
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
onion chutney	1 packet (40g)	1 packet (80g)
balsamic vinegar*	1 tbs	2 tbs
baby broccoli	1 bag	2 bags
slivered almonds	1 packet	2 packets
lamb shortloin	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2306kJ (551Cal)	380kJ (91Cal)
Protein (g)	44.8g	7.4g
Fat, total (g)	18.7g	3.1g
- saturated (g)	3.2g	0.5g
Carbohydrate (g)	46.3g	7.6g
- sugars (g)	14.8g	2.4g
Sodium (mg)	473mg	78mg

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

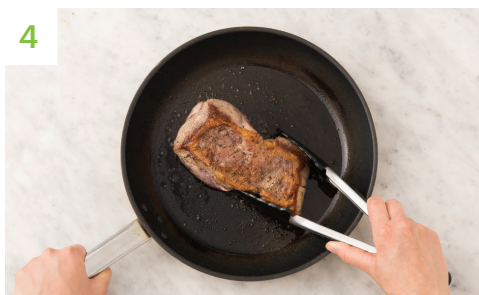
Fancy a drop?

We recommend pairing this meal with Dry Riesling or Grüner Veltliner



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

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 the **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!