

Rosemary Lamb Shortloin & Caramelised Onion

with Roasted Rainbow Carrots, Almonds & Feta

Grab your Meal Kit with this symbol



Potato



Baby Rainbow Carrots



Garlic



Rosemary



Caramelised Onion Chutney



Asparagus



Slivered Almonds



Lamb Shortloin



Feta

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

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

Two oven trays lined with baking paper ·
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
baby rainbow carrots	1 bunch	2 bunches
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
rosemary	1 bunch	1 bunch
caramelised onion chutney	1 packet (40g)	2 packets (80g)
balsamic vinegar*	1 tbs	2 tbs
asparagus	1 bunch	2 bunches
slivered almonds	1 packet	2 packets
lamb shortloin	1 packet	1 packet
feta	1 block (25g)	1 block (50g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3193kJ (763Cal)	506kJ (120Cal)
Protein (g)	41g	6.5g
Fat, total (g)	37.6g	6g
- saturated (g)	15.6g	2.5g
Carbohydrate (g)	43.7g	6.9g
- sugars (g)	16.8g	2.7g
Sodium (mg)	608mg	96mg

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.

Fancy a drop?

We recommend pairing this meal with Cabernet Sauvignon or Zinfandel



Roast the veggies

Cut the **potato** (unpeeled) into 2cm wedges. Trim the green tops from the **baby rainbow carrots**. Place the **potato** and **carrots** on an oven tray lined with baking paper. Drizzle generously with **olive oil**, sprinkle with the **salt** and season with **pepper**. Roast the veggies until golden and cooked through, **25-30 minutes**.

TIP: Cut the veggies to size so they cook in time.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Pick the **rosemary** leaves and finely chop. In a medium bowl, combine the **garlic**, **rosemary**, **caramelised onion chutney** and **balsamic vinegar**. Drizzle with **olive oil** and stir to combine. Set aside.



Toast the almonds

Trim the woody ends of the **asparagus** (about 3cm). Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **asparagus** and cook, tossing, until just tender, **4-5 minutes**. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



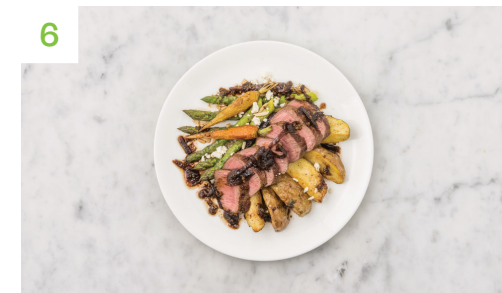
Cook the lamb

Pat the **lamb shortloin** dry with paper towel and season with **salt** and **pepper** on 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.



Finish the lamb

Remove the pan from the heat, then add the **caramelised onion mixture** to the **lamb** and turn to coat. Set aside on a tray or plate to rest for **4 minutes**.



Serve up

Slice the rosemary lamb shortloin. Divide the roasted veggies and asparagus between plates. Top with the lamb and spoon over the excess sauce from the pan. Garnish with the toasted almonds and crumble over the **feta**.

Enjoy!