

Rosemary & Caramelised Onion Lamb Shortloin

with Roasted Rainbow Veggies & Pistachios

Grab your Meal Kit with this symbol



Potato



Baby Rainbow Carrots



Garlic



Rosemary



Caramelised Onion Chutney



Lamb Shortloin



Pistachios




Baby Broccoli



Greek Salad Cheese/
Feta Cheese

 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	2	4
baby rainbow carrots	1 bunch	1 bunch
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
rosemary	2 sprigs	4 sprigs
caramelised onion chutney	1 packet (40g)	2 packets (80g)
balsamic vinegar*	1 tbs	2 tbs
lamb shortloin	1 packet	1 packet
pistachios	1 packet	2 packets
baby broccoli	1 bunch	2 bunches
Greek salad cheese/ feta cheese	½ block (25g)	1 block (50g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2445kJ (584Cal)	418kJ (99Cal)
Protein (g)	46.9g	8g
Fat, total (g)	23.8g	4.1g
- saturated (g)	7.1g	1.2g
Carbohydrate (g)	42.5g	7.3g
- sugars (g)	14.7g	2.5g
Sodium (mg)	715mg	122mg

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.

Fancy a Drop?

We recommend pairing this meal with Cabernet Sauvignon or Zinfandel



Prep the veggies

Cut the **potato** into wedges. Trim the green tops from the **baby rainbow carrots**, then scrub the **carrots** clean.



Roast the veggies

Place the **potato** and **carrots** on a lined oven tray. Drizzle with **olive oil**, add the **salt** and season with **pepper**. Roast until tender, **25-30 minutes**.



Prep the onion

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

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.



Cook the lamb

Season the **lamb shortloin** on both sides with **salt** and **pepper**. Heat a large frying pan over 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. In the last **2 minutes** of cook time, spoon the **caramelised onion mixture** into the pan and turn the **lamb** to coat in the glaze. Transfer to a plate to rest for **5 minutes**.



Toast the pistachios

While the lamb is resting, roughly chop the **pistachios**. Trim the **baby broccoli** and cut any thicker stalks in half lengthways. Wipe out the frying pan and return to a medium-high heat. Add the **pistachios** and toast, tossing occasionally, 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**. Cook the **baby broccoli** with a dash of **water**, tossing, until just tender, **5-6 minutes**. Season.



Serve up

Slice the caramelised onion lamb shortloin. Divide the roasted rainbow veggies and baby broccoli between plates. Top with the lamb and spoon over any resting juices. Sprinkle with the toasted pistachios and crumble over the **cheese**.

Enjoy!