

Slow-Cooked Lamb Shoulder & Red Wine Jus

with Garlic Crushed Potatoes, Nutty Greens & Parmesan Salad

Grab your Meal Kit with this symbol



Potato



Garlic



Broccoli



Pine Nuts



Salad Leaves



Slow-Cooked Lamb Shoulder



Red Wine Jus




Grated Parmesan Cheese

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **15-25 mins**
Ready in: **35-45 mins**

 Calorie Smart

Clear the table, make way, this dinner needs room to dazzle! We're serving slow-cooked lamb shoulder drizzled in a sultry red wine jus ready to amaze. Standing in its own spotlight are the garlic infused crushed potatoes, buttery and golden, followed by a vibrant display of nutty greens. This dish certainly has the "wow" factor.

Pantry items

Olive Oil, Butter, 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 · Medium or large baking dish · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
slow-cooked lamb shoulder	1 packet	1 packet
garlic	2 cloves	4 cloves
broccoli	½ head	1 head
butter*	20g	40g
pine nuts	1 packet	2 packets
red wine jus	1 medium packet	1 large packet
salad leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2691kJ (643Cal)	539kJ (129Cal)
Protein (g)	40.7g	8.1g
Fat, total (g)	35.2g	7g
- saturated (g)	15.9g	3.2g
Carbohydrate (g)	39.1g	7.8g
- sugars (g)	13.7g	2.7g
Sodium (mg)	851mg	170mg

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 potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20 minutes**.



Cook the greens

- While the potatoes are roasting, heat a drizzle of **olive oil** over medium-high heat in a large frying pan. Cook **broccoli**, tossing, until tender, **6-7 minutes**.
- Add **pine nuts** and cook, until golden, **1-2 minutes**. Season with **salt** and **pepper**.

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



Roast the lamb

- Meanwhile, place **slow-cooked lamb shoulder** in a baking dish. Pour **liquid** from packaging over lamb. Cover tightly with foil and roast for **12 minutes**.
- Turn **lamb**, then cover with foil and roast until browned and heated through, a further **12-13 minutes**.



Toss the salad

- Meanwhile, pour **red wine jus** into a microwave-safe container. Microwave in **30 second** bursts until warmed through.
- In a medium bowl, combine **salad leaves**, **grated Parmesan cheese** and a drizzle of **balsamic vinegar** and **olive oil**. Toss to combine and season to taste.



Finish the potatoes

- Finely chop **garlic**. Cut **broccoli** (see ingredients) into small florets, then roughly chop stalk.
- In a small heatproof bowl, combine the **butter** and **garlic**. Microwave in **10 second** bursts until melted.
- When the potatoes are done, remove from oven. Crush **potatoes** until 1cm-thick, then drizzle over melted **garlic butter**. Return to oven and roast until golden, a further **8-10 minutes**.



Serve up

- Slice slow-cooked lamb shoulder.
- Bring everything to the table to serve. Help yourself to lamb shoulder, garlic crushed potatoes and nutty greens.
- Pour red wine jus over lamb. Serve with Parmesan salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW28

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