

Summer Lamb Shortloin & Roast Veggie Salad

with Pine Nut Crumble & Lemony Yoghurt

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Potato



Chicken-Style Stock Powder



Courgette



Lemon



Mint



Garlic



Parsley



Lamb Shortloin



Greek-Style Yoghurt



Rocket Leaves



Greek Salad Cheese



Pine Nuts



Panko Breadcrumbs

 Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Sear a tender and succulent lamb loin that's just right for a gourmet-style dinner. With all the flavour of traditional roast lamb, plus wholesome veggies, it's sure to have you feeling satisfied with every delicious mouthful. And the best meals end with a sweet treat, so we've included a serving of chocolate brownies with a strawberry compote for dessert!

Pantry items

Olive Oil, White Wine 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
chicken-style stock powder	1 sachet	2 sachets
courgette	2	4
lemon	½	1
mint	1 bunch	1 bunch
garlic	1 clove	2 cloves
parsley	1 bunch	1 bunch
lamb shortloin	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
rocket leaves	1 bag (30g)	1 bag (60g)
Greek salad cheese	1 packet (50g)	1 packet (100g)
pine nuts	1 packet	2 packets
panko breadcrumbs	½ packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2591kJ (619Cal)	344kJ (82Cal)
Protein (g)	52.6g	7g
Fat, total (g)	24.2g	3.2g
- saturated (g)	7.9g	1g
Carbohydrate (g)	47.5g	6.3g
- sugars (g)	8.6g	1.1g
Sodium (mg)	1374mg	182mg

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 Grenache

If you have any questions or concerns, please visit hellofresh.co.nz/contact

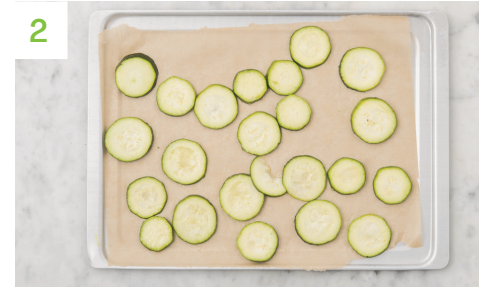
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Roast the potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place the **potato** and **chicken-style stock powder** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt**. Toss to coat and roast until tender, **20-25 minutes**.

TIP: Cut the potato to size so it cooks in time.



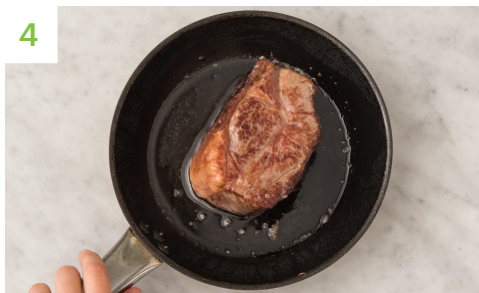
Roast the courgette

While the potato is roasting, thinly slice the **courgette** into rounds. Place the **courgette** on a second oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **15-20 minutes**. When the courgette is done, set aside to cool slightly.



Get prepped

While the courgette is roasting, zest the **lemon** to get a pinch, then slice into wedges. Pick and roughly chop the **mint** leaves. Finely chop the **garlic**. Finely chop the **parsley** leaves.



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. Transfer to a plate to rest for **5 minutes**. Wipe out the pan with paper towel.



Bring it all together

While the lamb is cooking, combine a squeeze of **lemon juice** and the **Greek-style yoghurt** in a small bowl. Season with **salt**. Set aside. In a large bowl, combine a drizzle of **olive oil** and a drizzle of **white wine vinegar**. Add the **rocket leaves**, **mint**, crumbled **Greek salad cheese** and roasted **courgette**. Toss to coat and season to taste. Set aside. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **pine nuts**, **garlic** and **panko breadcrumbs** (see ingredients) and toast, tossing, until just golden, **2-3 minutes**. Remove from the heat, then stir through the **lemon zest** and **parsley**. Season with **salt** and **pepper**.



Serve up

Slice the summer lamb shortloin. Spread the lemony yoghurt over the plates. Top with the roasted potato, roast veggie salad and lamb. Sprinkle over some of the pine nut crumble and serve with any remaining lemon wedges.

Enjoy!



Lamington-Style Chocolate Brownie

with Strawberry Compote & Whipped Cream

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Chocolate Brownie Mix




Shredded Coconut



Strawberries



Longlife Cream

 Hands-on: 10 mins
Ready in: 40 mins

Inspired by the much-loved lamington, these decadent brownies have all the flavours you know and love. A touch of strawberry compote and cream make them an absolutely indulgent treat.

Pantry items

Butter, Eggs, Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You will need

Lined 20cm square baking tin · Medium saucepan

Ingredients

	9 People
butter*	150g
eggs*	3
chocolate brownie mix	1 packet
shredded coconut	1 packet
strawberries	1 punnet
sugar*	2 tsp
water*	1 tbs
longlife cream	½ bottle (125ml)

*Pantry Items

Nutrition

	Per Serving*	Per 100g
Energy (kJ)	1580kJ (379Cal)	1310kJ (313Cal)
Protein (g)	5.1g	4.2g
Fat, total (g)	23.7g	19.6g
- saturated (g)	15.1g	12.5g
Carbohydrate (g)	35.1g	29.0g
- sugars (g)	30.1g	24.9g
Sodium (mg)	155mg	128mg

Allergens

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Melt the butter

Preheat the oven to **180°C/160°C fan-forced**. Line a 20cm square baking tin with baking paper. Melt the **butter** in the microwave or in a saucepan.



Make the mixture

Whisk the **eggs** in a large mixing bowl. Add the **chocolate brownie mix**, melted **butter** and a pinch of **salt**. Stir together until well combined.



Bake the brownie

Pour the **brownie mixture** into the prepared baking tin and spread with the back of the wooden spoon. Sprinkle the **shredded coconut** over the top of the brownie. Bake the **brownie** until just firm to the touch but still a little soft in the middle, **25-28 minutes**. Allow to cool completely in the baking tin.

TIP: To check if the brownies are done, stick a toothpick or skewer in the centre. It should come out with crumbs clinging. If you like your brownie more cakey and less fudgy, bake for an extra 5 minutes.



Make the compote

While the brownie is baking, roughly chop the **strawberries**. Heat a medium saucepan over a medium heat. Add the **strawberries**, **sugar** and **water**. Cook, stirring to break up the strawberries, until slightly reduced, **5-8 minutes**. Transfer to a small bowl. Set aside.



Whip the cream

Place the **longlife cream** (see ingredients) into a large bowl or jug and whisk with electric beaters until soft peaks form and almost doubled in size, **3-4 minutes**.

TIP: For the perfect soft peaks, whip until the cream just clings to the whisk or beater when lifted.

TIP: If you don't have an electric mixer, use a hand whisk. Chill both the bowl and beaters/whisk before using to help get the maximum volume of cream.



Serve up

When the brownies have cooled, slice them into 9 squares and plate up on a serving dish. Top the brownies with the strawberry compote and whipped cream.

TIP: Store any leftover brownies in an airtight container in the fridge!

Enjoy!