



# Herb Crusted Roast Lamb and Red Wine Jus with Roast Potatoes and Butter Glazed Carrots and Peas

33

Roast 60-70 Minutes • 2 of your 5 a day



Lamb Roasting Joint



Potatoes



Mint



Garlic Clove



Panko Breadcrumbs



Dried Rosemary



Dijon Mustard



Unsalted Butter



Carrot



Peas



Red Wine Jus Paste

**Pantry Items**

Oil, Salt, Pepper, Olive Oil, Plain Flour, Sugar

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, saucepan, garlic press, bowl, colander, aluminium foil, frying pan and lid.

## Ingredients

Ingredients	2P	3P	4P
Lamb Roasting Joint**	450	675	900
Potatoes	450g	700g	900g
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Panko Breadcrumbs <b>13</b>	25g	50g	50g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Dijon Mustard <b>9</b> <b>14</b>	10g	15g	20g
Unsalted Butter** <b>7</b>	20g	30g	40g
Carrot**	3	4	6
Peas**	120g	180g	240g
Red Wine Jus Paste <b>10</b> <b>14</b>	30g	44g	60g
Pantry	2P	3P	4P
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Veg*	½ tsp	½ tsp	1 tsp
Water for the Veg*	50ml	75ml	100ml
Water for the Jus*	300ml	450ml	600ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3548 /848	390 /93
Fat (g)	33.0	3.6
Sat. Fat (g)	14.4	1.6
Carbohydrate (g)	81.6	9.0
Sugars (g)	17.8	2.0
Protein (g)	59.9	6.6
Salt (g)	2.37	0.26

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **9)** Mustard **10)** Celery **13)** Cereals containing gluten  
**14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Boil the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Remove the **lamb** from the fridge to allow it to come up to room temperature. Pour enough **oil** into a deep baking tray to cover the bottom and pop in the oven.

Bring a large saucepan of **water** with ½ **tsp salt** to the boil. Peel and chop the **potatoes** into 4cm chunks.

Boil the **potatoes** for 7-8 mins or until the edges are soft.



## Bring on the Lamb

While the **potatoes** roast, carefully remove the **lamb** from the netting (discard the netting) and place onto a baking tray. Season with **salt** and **pepper**, then spread the **Dijon mustard** all over. Press the **herby crumb** evenly over the **mustard**.

Roast the **lamb** on the middle shelf for **2P**: 25-30 mins; **3P**: 35-40 mins; **4P**: 50-55 mins for medium-rare. Add an extra 5-10 mins if you like your **lamb** more well done.

Once cooked, wrap loosely in foil and rest for at least 10 mins before slicing. **IMPORTANT: Wash your hands and equipment after handling raw meat. The lamb is cooked when browned on the outside.**



## Make the Herby Crumb

Meanwhile, pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Peel and grate the **garlic** (or use a garlic press).

In a medium bowl, combine the **garlic**, **chopped mint**, **breadcrumbs**, **dried rosemary** and **olive oil for the crumb** (see pantry for amount).

Season well with **salt** and **pepper**, then stir and set aside your **herby crumb**.



## Cook the Veg

About 15-20 mins before you're ready to serve, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons, pop a large frying pan on medium-high heat.

Add the **butter**, **sugar** and **water for the veg** (see pantry for both amounts) and stir to combine.

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Add the **carrots** to the pan and bring to a boil, cover with a lid or foil, then lower the heat and simmer until tender, 10-12 mins.

Remove the lid, then add the **peas** and cook, stirring occasionally, for 3-4 mins or until the liquid has evaporated, the **veg** is glazed and everything's piping hot. Season to taste, then remove from the heat.



## Get Roasting

Once the **potatoes** are ready, drain in a colander and sprinkle on the **flour** (see pantry for amount).

Shake to fluff up the **potatoes**, then carefully add them to the hot baking tray, turning in the **oil**.

Season with **salt**, then roast on the top shelf until golden, 45-50 mins. Turn halfway through.



## Finish and Serve

While the **veg** cooks, pop the (now empty) **potato** pan on medium-high heat.

Pour in the **water for the jus** (see pantry for amount). Bring to the boil, then stir in the **red wine jus paste**. **TIP: If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.**

Reduce the heat to medium-high, then bubble away until the **sauce** has reduced by half, 7-8 mins. Once glossy and thickened, remove from the heat.

When everything's ready, thinly slice the **lamb** and serve on your plates with the **roast potatoes** and **glazed veg** alongside. Spoon the **red wine jus** over the **lamb** to finish.

## Enjoy!