



Rosemary Lamb Meatballs and Mash

with Redcurrant Jus, Roasted Carrots and Cheese

Calorie Smart

35-40 Minutes • 1 of your 5 a day • Under 650 Calories

27



Carrot



Garlic Clove



Potatoes



Dried Rosemary



Breadcrumbs



Lamb Mince



Red Onion



Red Wine Jus Paste



Redcurrant Jelly



Grated Hard Italian Style Cheese

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Saucepan, baking tray, garlic press, bowl and colander.

Ingredients

Ingredients	2P	3P	4P
Carrot**	3	5	6
Garlic Clove**	2	3	4
Potatoes	450g	700g	900g
Dried Rosemary	1 sachet	2 sachets	2 sachets
Breadcrumbs 13	10g	15g	20g
Lamb Mince**	200g	300g	400g
Red Onion**	1	1½	2
Red Wine Jus Paste 10 14	15g	22g	30g
Redcurrant Jelly	25g	50g	50g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsps	3 tbsps	4 tbsps
Water for the Jus*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	690g	100g
Energy (kJ/kcal)	2339 /559	339 /81
Fat (g)	17.3	2.5
Sat. Fat (g)	8.4	1.2
Carbohydrate (g)	75.0	10.9
Sugars (g)	22.3	3.2
Protein (g)	30.8	4.5
Salt (g)	2.15	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8**) Egg **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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.


SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Roast the Carrots

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**.

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop the **carrots** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the middle shelf of your oven until tender, 20-25 mins. Turn halfway through.



Simmer the Jus

Meanwhile, halve, peel and thinly slice the **red onion**.

Heat a drizzle of **oil** in a medium saucepan on medium-high heat. Once hot, add the **onion** and stir-fry until softened, 4-5 mins.

Pour in the **water for the jus** (see pantry for amount) and bring to the boil.

Stir in the **red wine jus paste**, then lower the heat and allow the **sauce** to bubble and thicken, stirring regularly, 6-7 mins. **TIP:** If your red wine jus paste has hardened, pop in a bowl of hot water for 1 min.



Cook the Potatoes

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Chop the **potatoes** into 2cm chunks (no need to peel).

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

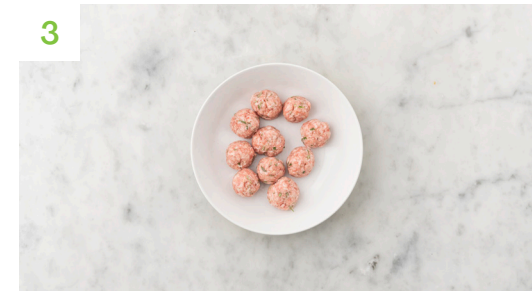


Finishing Touches

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.

When the **red wine jus** has thickened, stir in the **redcurrant jelly**, then remove from the heat. Add a splash of **water** if it's a little thick.

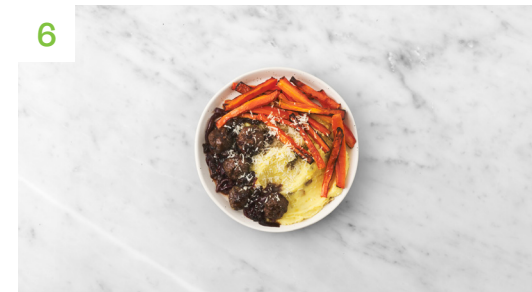


Make your Meatballs

In a medium bowl, combine the **dried rosemary**, **garlic**, **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **lamb mince**.

Season with **pepper** and mix together with your hands. Roll into even-sized balls, 5 per person.

Pop the **meatballs** onto a large baking tray. Bake on the top shelf of your oven until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The meatballs are cooked when no longer pink in the middle.



Finish and Serve

When everything's ready, share the **meatballs** between your plates. Spoon over the **redcurrant jus**.

Serve the **mash** and **roasted carrots** alongside. Sprinkle over the **hard Italian style cheese** to finish.

Enjoy!