

Roast Lamb and Salsa Verde

with Roast Potatoes, Chantenay Carrots and Sweetheart Cabbage

Roast 90 Minutes • 2 of your 5 a day



Lamb Roasting Joint



Potatoes



Mint



Capers



Lemon



Sweetheart Cabbage



Garlic Clove



Chantenay Carrots



Butter



Chicken Stock Paste

Before you start

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

Cooking tools

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

Ingredients

	2P	3P	4P
Lamb Roasting Joint**	450g	675g	900g
Potatoes**	700g	1150g	1400g
Plain Flour*	24g	36g	48g
Mint**	1 bunch	1 bunch	1 bunch
Capers	15g	30g	30g
Lemon**	½	1	1
Sweetheart Cabbage**	½	¾	1
Garlic Clove**	1	2	2
Chantenay Carrots**	225g	360g	450g
Unsalted Butter**	30g	30g	60g
7)			
Water for the Gravy*	400ml	600ml	800ml
Chicken Stock Paste	20g	30g	40g
Olive Oil*	1½ tbsp	2½ tbsp	3 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	894g	100g
Energy (kJ/kcal)	3885 /928	435 /104
Fat (g)	39	4
Sat. Fat (g)	18	2
Carbohydrate (g)	88	10
Sugars (g)	18	2
Protein (g)	59	7
Salt (g)	2.45	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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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Roast the Potatoes

Preheat your oven to 200°C. 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. When ready, drain in a colander, season with **salt** and sprinkle on **half the flour** (see ingredients for amount). Shake to fluff up the **potatoes**, then carefully add to the hot baking tray, turning them in the **oil**. Roast on the top shelf until golden, 45-50 mins. Turn halfway through.



Make the Gravy

Pop a small saucepan on medium heat. Melt **half the butter** in the pan, then stir in the remaining **flour** to make a paste-like **roux**. Cook until the **roux** is a medium-brown colour, then gradually stir in the **water for the gravy** (see ingredients for amount) and **chicken stock paste**. Bring to the boil, stirring, then lower the heat. Simmer until the **gravy** has thickened to your liking, 10-15 mins.



Roast the Lamb

Put the **lamb** on a baking tray and season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.* Roast the **lamb** on the middle shelf of your oven for **2P:** 25-30 mins **3P:** 35-40 mins **4P:** 50-55 mins for medium-rare. Add an extra 5 mins if you like your **lamb** more well done. When cooked, remove from the oven, wrap loosely in foil and rest for at least 10 mins before slicing. **IMPORTANT:** *The lamb is cooked when browned on the outside.*



Cook the Cabbage

Meanwhile, heat a frying pan over medium-high heat with the remaining **butter**. Once melted, add the **garlic** and cook, stirring, for 1 min. Add the **cabbage** and stir-fry for 2 mins. Season with **salt** and **pepper**, then add a splash of **water** and a pinch of **lemon zest**. Mix well, then cover with a lid and cook until tender, 3-4 mins. Once cooked, remove from the heat and squeeze in **half the lemon juice**.



Prep the Veg

Meanwhile, pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Roughly chop the **capers**. Zest and halve the **lemon**. Halve the **cabbage** lengthways, cut out and discard the tough core then finely slice widthways. Peel and grate the **garlic** (or use a garlic press). Trim and halve the **chantenay carrots** lengthways (no need to peel). Put the **carrots** onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. Roast on the bottom shelf until golden and tender, 20-25 mins. Turn halfway through.



Finish and Serve

Pop the **capers**, **mint**, **olive oil** (see ingredients for amount) and remaining **lemon juice** in a small bowl. Season with **salt** and **pepper**, mix well and set aside. Add the **lamb resting juices** to the **gravy**, bring back to the boil, and season to taste. Slice the **lamb** and divide between plates with the **potatoes**, **cabbage** and **carrots** alongside. Drizzle the **salsa verde** over the **lamb** and serve with the **gravy**.

Enjoy!