



Roasted Lamb Loin and Mediterranean Style Veg with Roasted Garlic Mash and Pesto Drizzle

32

Premium Plus 40-45 Minutes • 2 of your 5 a day



Lamb Loin



Potatoes



Aubergine



Baby Plum
Tomatoes



Balsamic Glaze



Garlic Clove



Fresh Pesto

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

Baking tray, aluminium foil, frying pan, colander, kitchen scissors and lid.

Ingredients

Ingredients	2P	3P	4P
Lamb Loin**	2	3	4
Potatoes	450g	700g	900g
Aubergine**	1	1	2
Baby Plum Tomatoes	125g	190g	250g
Balsamic Glaze	12ml	12ml	24ml
Garlic Clove**	2	3	4
Fresh Pesto** 7)	32g	50g	64g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	617g 2212/529	100g 359/86
Fat (g)	19.5	3.2
Sat. Fat (g)	6.7	1.1
Carbohydrate (g)	55.7	9.0
Sugars (g)	11.7	1.9
Protein (g)	37.1	6.0
Salt (g)	0.82	0.13

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

Allergens

7) Milk 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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Roast the Aubergine

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **lamb** from your fridge to allow it to come up to room temperature.

Bring a large pan of **water** to the boil with $\frac{1}{2}$ **tsp salt** for the **potatoes**. Peel and chop the **potatoes** into 2cm chunks.

Trim the **aubergine**, then cut into roughly 2cm pieces. Pop them 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 top shelf until soft and golden, 20-25 mins.



Time to Roast

Halfway through roasting, turn the **aubergines**.

At the same time, pop the **lamb** tray onto the middle shelf of the oven and roast for 7-9 mins.

TIP: This will result in medium-rare lamb. Cook for 2-3 mins longer if you want it more well done.

Once cooked, transfer the **lamb** to a plate and leave to rest for a couple of mins, covered loosely with foil. **IMPORTANT:** The lamb is cooked when browned on the outside.

Set the **roasted garlic** aside to cool.



Cook the Potatoes

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

Meanwhile, halve the **tomatoes** and put them onto a large piece of foil.

Drizzle with **oil** and the **balsamic glaze**, then season with **salt** and **pepper**. Fold the foil, sealing on all sides to create a **parcel**.

Pop onto another baking tray and roast on the bottom shelf of your oven until softened, 15-20 mins.



Make your Mash

Meanwhile, 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.

Once the **aubergine** and **tomatoes** are ready, remove from the oven. Carefully open the **tomato parcel** and spoon them (and their **juices**) over the **roasted aubergine**, then gently toss together.



Bring on the Lamb

Meanwhile, pop the **garlic cloves** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Set aside for now.

Heat a drizzle of **oil** in a large frying pan on high heat. Pop the **lamb loins** onto a plate, drizzle with **oil** and season with **salt** and **pepper**. Use your hands to coat the **meat**. **IMPORTANT:** Wash your hands and equipment after handling raw meat.

Once the pan is hot, add the **lamb** and cook until browned all over, 2-3 mins, then transfer to one side of another other baking tray, fat-side up. Pop the **garlic parcel** onto the other side.



Finish and Serve

Once the **roasted garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Stir it through the **mash**.

When the **lamb** has rested, thinly slice and transfer to your plates. Drizzle over the **pesto** (loosen first with a little **water** or **oil** if you'd prefer).

Serve the **mash** and **Mediterranean style veg** alongside.

Enjoy!