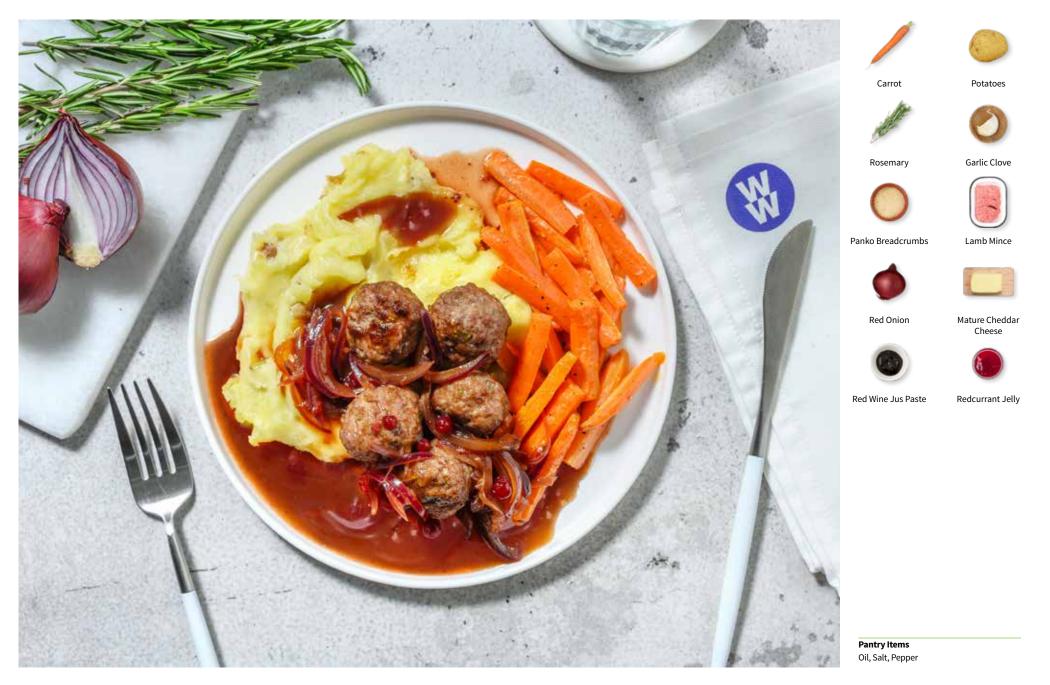


Rosemary Lamb Meatballs and Cheesy Mash



with Redcurrant Jus and Roasted Carrots

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



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, grater, colander, potato masher and lid.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--------------------------------------|---------|---------|---------|
| Carrot** | 2 | 3 | 4 |
| Potatoes | 450g | 700g | 900g |
| Rosemary** | ½ bunch | ½ bunch | 1 bunch |
| Garlic Clove** | 1 | 2 | 2 |
| Panko Breadcrumbs 13) | 10g | 15g | 20g |
| Lamb Mince** | 200g | 300g | 400g |
| Red Onion** | 1/2 | 3/4 | 1 |
| Mature Cheddar Cheese** 7) | 30g | 40g | 60g |
| Red Wine Jus Paste 10) 14) | 15g | 22g | 30g |
| Redcurrant Jelly | 25g | 50g | 50g |
| | | | |
| Pantry | 2P | 3P | 4P |
| Salt for the Breadcrumbs* | 1⁄4 tsp | ½ tsp | ½ tsp |
| Water for the Breadcrumbs* | 2 tbsp | 3 tbsp | 4 tbsp |
| Water for the Jus* | 150ml | 225ml | 300ml |
| *Netherland **Ctore in the Fuider | | | |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 514g | 100g |
| Energy (kJ/kcal) | 2222 /531 | 432/103 |
| Fat (g) | 19.9 | 3.9 |
| Sat. Fat (g) | 9.8 | 1.9 |
| Carbohydrate (g) | 62.2 | 12.1 |
| Sugars (g) | 15.9 | 3.1 |
| Protein (g) | 31.0 | 6.0 |
| Salt (g) | 2.28 | 0.44 |

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal). Point[™] values based on low-cal cooking spray oil.

Allergens

7) Milk 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

Let us know what you think! Share your creations with #HelloFreshSnaps Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ

You can recycle me!

1

Roast the Carrots

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of water with 1/2 tsp salt to the boil.

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.

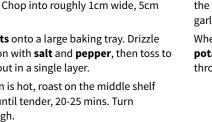
When the oven is hot, roast on the middle shelf of your oven until tender, 20-25 mins. Turn halfway through.



Slice and Grate

Meanwhile, halve, peel and thinly slice the red onion (see ingredients for amount). Grate the cheese.

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





Cook the Potatoes

Meanwhile, chop the potatoes into 2cm chunks (no need to peel).

Pick the **rosemary leaves** from their stalks and roughly chop (see ingredients for amount, discard the stalks). Peel and grate the garlic (or use a garlic press).

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



Bring on the Jus

Once the onion is softened, add the water for the **jus** (see pantry for amount) and bring to the boil on high heat. Stir in the red wine jus paste, then reduce the heat to medium-high. Allow the sauce to bubble and thicken, stirring regularly, 5-6 mins.

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

Add the **cheese**, 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



Make your Meatballs

In a large bowl, combine the **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, then cook 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 the **red wine jus** has thickened, stir in the redcurrant jelly and remove from the heat.

When the meatballs are cooked through, stir them through the **redcurrant jus**.

Share the **mash** between your plates, then spoon the meatballs and jus on top. Serve the roasted carrots alongside.

Enjoy!



