



Rosemary Lamb Meatballs and Cheesy Mash

with Redcurrant Jus and Roasted Carrots

27

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



Carrot



Potatoes



Rosemary



Garlic Clove



Panko Breadcrumbs



Lamb Mince



Red Onion



Mature Cheddar Cheese



Red Wine Jus Paste



Redcurrant Jelly

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, 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**	½	¾	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*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Water for the Jus*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 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

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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.

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.



Ready, Steady, Bake

Bake the **meatballs** on the top shelf of your oven until browned on the outside and cooked through, 12-15 mins. **IMPORTANT: The meatballs are cooked when no longer pink in the middle.**

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



Weight Watchers



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.



Jus and Mash Time

Pour the **water for the jus** (see pantry for amount) into the **onion** pan 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 keep warm.



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. **IMPORTANT: Wash your hands and equipment after handling raw mince.**



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!