



Rosemary & Caramelised Onion Lamb Leg

with Roast Veggies, Green Beans & Fetta-Almond Sprinkle

GOURMET

CUSTOMER FAVOURITE

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Dutch Carrots



Garlic



Rosemary



Onion Chutney



Butterflied Lamb Leg



Green Beans



Fetta Cubes



Slivered Almonds

Prep in: 25-35 mins
Ready in: 30-40 mins

Gorgeous, tender lamb leg, oozing with a caramelised onion and rosemary marinade, is a total standout in today's gourmet feast. With a side of crispy potato wedges, bright veggies, fetta and almonds, dinnertime has now been made ten times better.

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Three oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
Dutch carrots	1 bunch	2 bunches
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
onion chutney	1 packet (40g)	2 packets (80g)
balsamic vinegar*	1 tbs	2 tbs
butterflied lamb leg	1 medium packet	1 large packet
green beans	1 small bag	1 medium bag
fetta cubes	1 medium packet	1 large packet
slivered almonds	½ large packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2722kJ (651Cal)	465kJ (111Cal)
Protein (g)	52.9g	9g
Fat, total (g)	28.9g	4.9g
- saturated (g)	8.1g	1.4g
Carbohydrate (g)	44.7g	7.6g
- sugars (g)	25.1g	4.3g
Sodium (mg)	470mg	80mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

We recommend pairing this meal with Pinot Noir or Merlot

We're here to help!

Scan here if you have any questions or concerns



1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the wedges between two trays.

4



Roast the lamb

- Transfer **lamb** to a third lined oven tray. Spoon **caramelised onion mixture** over **lamb**.
- Roast for **6-10 minutes** (depending on thickness) for medium or until cooked to your liking.
- Remove **lamb** from oven, cover with foil and set aside to rest for **5 minutes** (the lamb will keep cooking as it rests!).

TIP: If your oven only has two shelves, add the lamb to the tray with the Dutch carrots.

2



Roast the baby carrots

- Meanwhile, trim green tops from **Dutch carrots** and scrub them clean.
- Place **carrots** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until golden and tender, **15-20 minutes**.

5



Cook the green beans

- While lamb is resting, trim **green beans**.
- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **green beans**, tossing, until just tender, **4-5 minutes**. Season to taste.

3



Get prepped

- While carrots are roasting, finely chop **garlic**. Pick **rosemary** leaves and finely chop.
- In a medium bowl, combine **garlic**, **rosemary**, **onion chutney**, the **balsamic vinegar** and a drizzle of **olive oil**.
- Season **butterflied lamb leg** on both sides.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **lamb** until browned, **2 minutes** each side.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily!

6



Serve up

- Slice lamb.
- Divide rosemary and caramelised onion lamb, roast veggies and green beans between plates. Spoon over any juices from the tray.
- Crumble over **fetta cubes**. Garnish with **slivered almonds (see ingredients)** to serve. Enjoy!

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