

Rosemary Roast Lamb & Dauphinoise Potatoes

with Sautéed Sugar Snap Peas & Baby Broccoli

Grab your Meal Kit with this symbol



Potato



Garlic



Rosemary



Chicken-Style Stock Powder



Sugar Snap Peas



Baby Broccoli



Grated Parmesan Cheese



Lamb Rump




Light Cooking Cream

 **Recipe Update**

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **30-40 mins**
Ready in: **55-65 mins**

 **Naturally Gluten-Free**
Not suitable for coeliacs

This tender roast lamb rump is just right for a small gathering. Serve with a decadent potato bake, plus some crisp greens to balance out the richness, and you'll be serving up a meal fit for a special occasion.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Small or medium baking dish · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	4 cloves	8 cloves
rosemary	2 sticks	4 sticks
light cooking cream	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
lamb rump	1 packet	2 packets
sugar snap peas	1 medium bag	1 large bag
baby broccoli	1 bunch	2 bunches

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2890kJ (691Cal)	456kJ (109Cal)
Protein (g)	57.8g	9.1g
Fat, total (g)	36g	5.7g
- saturated (g)	16.7g	2.6g
Carbohydrate (g)	31.3g	4.9g
- sugars (g)	8g	1.3g
Sodium (mg)	787mg	124mg

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 Shiraz



Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil.
- Thinly slice **potato** into rounds. Finely chop 1/2 the **garlic**. Cut remaining **garlic cloves** into four slices. Cut **rosemary** into 2cm sprigs.
- Cook **potato** in the saucepan of boiling water until just tender, **3-4 minutes**. Drain, then set aside.



Roast the lamb

- Use a sharp knife to make eight slits across the **lamb**. Push **garlic** slices and **rosemary** sprigs into the slits. Drizzle **garlic** and **rosemary** with **olive oil** to prevent burning.
- Roast **lamb** on top shelf for **15-20 minutes** for medium, or until cooked to your liking.
- Remove tray from oven, then cover with foil to rest for **10 minutes**.

TIP: The lamb will keep cooking as it rests!



Bake the dauphinoise potatoes

- In a baking dish, combine **light cooking cream**, finely chopped **garlic**, **chicken-style stock powder** and a pinch of **salt** and **pepper**.
- Arrange **potato** slices over **cream mixture** so they sit flat. Gently shake the dish to cover **potato** with **cream mixture**. Sprinkle with **grated Parmesan cheese**. Season with **pepper**.
- Cover with foil, then bake on the middle shelf until potato is softened, **15 minutes**.
- Remove from oven. Carefully remove foil. Bake until the top is golden and the centre is easily pierced with a fork, a further **10 minutes**.



Cook the sugar snap peas

- While the lamb is resting, trim **sugar snap peas** and **baby broccoli**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **baby broccoli** with a splash of **water** until slightly tender, **2-3 minutes**. Add **snap peas** and cook until tender, **2-3 minutes**. Season to taste.



Render the lamb

- While the potatoes are baking, lightly score **lamb rump fat** in a 1cm criss-cross pattern. Season **lamb rump** all over with **salt** and **pepper**, then place, fat-side down, in a large frying pan.
- Heat frying pan to medium heat and cook **lamb**, undisturbed, until golden, **10-12 minutes**.
- Increase heat to high. Sear **lamb** on all sides for **30 seconds**. Transfer **lamb**, fat-side up, to a lined oven tray. Discard fat from frying pan.

TIP: Starting the lamb in a cold pan helps the fat melt without burning.



Serve up

- Slice rosemary roast lamb.
- Divide lamb, dauphinoise potatoes and sautéed green beans and baby broccoli between plates.
- Spoon any resting juices over lamb to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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