



# Rosemary Roast Lamb & Dauphinoise Potatoes with Sautéed Greens

GOURMET

Grab your Meal Kit with this symbol



Potato



Garlic



Rosemary



Chicken-Style Stock Powder



Green Beans



Pea Pods



Thickened Cream

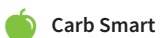


Shaved Parmesan Cheese



Lamb Rump

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



This tender roast lamb rump is perfect for a special occasion. Serve with a decadent potato bake, plus some simple sautéed greens to balance out the richness and you have a dish that will see everyone requesting seconds.

### 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 baking dish · Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic	4 cloves	8 cloves
rosemary	2 sticks	4 sticks
thickened cream	1 medium packet	2 medium packets
chicken-style stock powder	1 medium sachet	1 large sachet
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
lamb rump	1 packet	2 packets
green beans	1 small bag	1 medium bag
pea pods	1 small bag	1 medium bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2590kJ (619Cal)	442kJ (106Cal)
Protein (g)	55.8g	9.5g
Fat, total (g)	30.2g	5.1g
- saturated (g)	15.9g	2.7g
Carbohydrate (g)	29.8g	5.1g
- sugars (g)	9.2g	1.6g
Sodium (mg)	754mg	129mg
Dietary Fibre (g)	7.5g	1.3g

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



## 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 boiling water, over high heat, until just tender, **4-6 minutes**. Drain, then return **potato** to saucepan.



## Roast the lamb

- Use a sharp knife to make 8 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 from oven, then cover with foil to rest for **10 minutes**.

**TIP:** The lamb will keep cooking as it rests!



## Bake the dauphinoise potatoes

- Meanwhile, in a medium bowl, combine **thickened cream**, finely chopped **garlic**, **chicken-style stock powder** and a pinch of **salt** and **pepper**.
- In a baking dish, arrange **potato slices** so they sit flat. Pour over **cream mixture**, then gently shake the dish to coat **potato**. Sprinkle with **shaved Parmesan cheese**. Season with **pepper**.
- Cover with foil. Bake until **potato** has softened, **14-16 minutes**.
- Remove foil, then return **potato** to oven. Bake until golden and the centre can be easily pierced with a fork, **10-12 minutes**.



## Cook the greens

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

**TIP:** A splash of water will help speed up the cooking process.



## Render the lamb

- Meanwhile, lightly score **lamb rump** fat in a 1cm criss-cross pattern. Season **lamb rump** all over, then place, fat-side down, in a large frying pan.
- Cook **lamb** over medium heat, 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 greens between plates.
- Spoon any resting juices over the lamb to serve. Enjoy!

## We're here to help!

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