



Rosemary Roast Lamb & Dauphinoise Potatoes with Sautéed Greens

GOURMET

Grab your Meal Kit
with this symbol



Potato



Garlic



Rosemary



Light Cooking
Cream



Chicken-Style
Stock Powder



Shaved Parmesan
Cheese



Lamb Rump

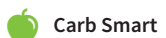


Green Beans



Pea Pods

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

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

Medium saucepan · Small 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
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

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 Chinon or Pinot Noir



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 half 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 **light cooking 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!

Scan here if you have any questions or concerns



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