










Seared Lamb Backstrap & Rosemary Butter

with Roast Sweet Potato, Kale & Fetta Salad

GOURMET PLUS

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Brown Onion
-  Carrot
-  Turnip
-  Garlic
-  Kale
-  Rosemary
-  Lamb Backstrap
-  Fetta Cubes

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

 Calorie Smart

There's a lot to love in this lamb dish - from the rich, premium cut of meat to the warm and hearty salad that boasts the perfect balance of sweet, savoury and earthy flavours. Add a nutty depth of flavour with the fresh rosemary-infused brown butter, and bring everything together with a scattering of creamy fetta.

Pantry items

Olive Oil, Butter, White Wine 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

Two 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
brown onion	1	2
carrot	1	2
turnip	1	2
garlic	2 cloves	4 cloves
kale	1 medium bag	1 large bag
rosemary	1 stick	2 sticks
lamb backstrap	1 small packet	1 large packet
butter*	30g	60g
white wine vinegar*	drizzle	drizzle
fetta cubes	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2457kJ (587Cal)	348kJ (83Cal)
Protein (g)	42.3g	6g
Fat, total (g)	30.2g	4.3g
- saturated (g)	14.8g	2.1g
Carbohydrate (g)	43.2g	6.1g
- sugars (g)	25.2g	3.6g
Sodium (mg)	488mg	69mg

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://www.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 a Bordeaux or Chianti.



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into thin wedges.
- Slice **brown onion** into thick wedges.
- Thickly slice **carrot** into rounds.
- Cut **turnip** into bite-sized chunks.
- Place **sweet potato** on a lined oven tray.
- Place remaining **veggies** on a second lined oven tray. Drizzle both trays with **olive oil**, then season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.



Brown the butter

- Return frying pan to medium heat.
- Add the **butter**, **rosemary** and remaining **garlic**. Cook, stirring, until beginning to brown, **2-3 minutes**.
- Season to taste, then remove from heat.



Get prepped

- Meanwhile, finely chop **garlic**. Roughly tear **kale**, then discard stems.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **kale** and half the **garlic**, stirring, until softened and fragrant, **1-2 minutes**.
- Season with **salt** and **pepper** to taste. Transfer to a large bowl and cover to keep warm.
- Pick and finely chop **rosemary**. Set aside.



Bring it all together

- To the bowl with the cooked kale, add the **roasted turnip**, **carrot** and **onion** and a drizzle of the **white wine vinegar**.
- Season, then gently toss to combine.



Cook the lamb

- When roast veggies have **10 minutes** remaining, season **lamb backstrap** on both sides.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **lamb** for **7-8 minutes** each side for medium or until cooked to your liking.
- Transfer to a plate to rest, **5 minutes**.



Serve up

- Slice seared lamb backstrap.
- Divide lamb, roasted sweet potato and kale salad between plates.
- Spoon rosemary brown butter and any lamb resting juices over the lamb.
- Crumble **fetta cubes** over salad to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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