



Seared Lamb Rump & Bengal Coconut Sauce

with Spiced Potato & Cauliflower Toss

GOURMET

Grab your Meal Kit with this symbol



Lamb Rump



Red Onion



Potato



Cauliflower



Long Chilli (Optional)



Bengal Curry Paste



Mild North Indian Spice Blend



Mint



Greek-Style Yoghurt



Coconut Milk



Baby Spinach Leaves



Flaked Almonds

Prep in: 25-35 mins
Ready in: 50-60 mins

It's roast lamb, but not as you know it! We're using our mild, yet flavourful Bengal curry paste to lift succulent lamb rump to new heights. A classy side of roasted spiced potato and cauliflower with flaked almonds is all that's needed to create a meal fit for a maharajah!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

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 frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 packet	2 packets
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
potato	2	4
cauliflower	1 medium portion	1 large portion
long chilli 🌶️ (optional)	½	1
Bengal curry paste	1 packet	2 packets
mild North Indian spice blend	1 medium sachet	2 medium sachets
mint	1 bag	1 bag
Greek-style yoghurt	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
baby spinach leaves	1 small bag	1 medium bag
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3263kJ (780Cal)	422kJ (101Cal)
Protein (g)	55g	7.1g
Fat, total (g)	40.9g	5.3g
- saturated (g)	20g	2.6g
Carbohydrate (g)	45.7g	5.9g
- sugars (g)	19.8g	2.6g
Sodium (mg)	1717mg	222mg

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 Cabernet Sauvignon or Bordeaux



Render the lamb

- Preheat oven to **220°C/200°C fan-forced**.
- Lightly score **lamb rump** fat in a 1cm criss-cross pattern. In a medium frying pan, place **lamb**, fat-side down (no need for oil!) over medium heat. Cook, undisturbed, until golden, **10-12 minutes**.
- Increase heat to high and sear **lamb** on all sides for 30 seconds.

TIP: Starting the lamb in a cold pan helps the fat melt (known as rendering) without burning.



Roast the veggies

- While lamb is roasting, place **potato**, **cauliflower**, **mild North Indian spice blend** and a drizzle of **olive oil** on a second lined oven tray. Season with **salt** and **pepper** and toss to coat.
- Roast until golden and tender, **25-30 minutes**.
- Meanwhile, pick and roughly chop **mint leaves**.
- In a second small bowl, combine **mint** and **Greek-style yoghurt**. Season to taste.



Get prepped

- While lamb is rendering, thinly slice **red onion** (see ingredients).
- In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**. Scrunch **onion** in your hands, then add to the pickling liquid. Add enough water to just cover onion, then set aside.
- Cut **potato** into bite-sized chunks.
- Cut **cauliflower** into small florets.
- Thinly slice **long chilli** (if using).



Make the coconut sauce

- Return frying pan to medium-high heat. Add the remaining **Bengal curry paste** and cook, stirring, until fragrant, **1 minute**.
- Add **coconut milk** and simmer, stirring and scraping up the **lamb** bits from the bottom of the pan, until thickened slightly, **2-3 minutes**.
- Stir through resting juices from the lamb, then season to taste.



Roast the lamb

- Transfer **lamb** to a lined oven tray. Coat with half the **Bengal curry paste**.
- Roast **lamb**, fat-side up, **15-20 minutes** for medium or until cooked to your liking.
- Remove from the oven, cover with foil and set aside to rest, **10 minutes**.

TIP: The meat will keep cooking as it rests!



Serve up

- Add **baby spinach leaves** to the roasted veggie tray, tossing to combine. Drain pickled onion. Slice seared lamb.
- Divide the lamb and spiced potato and cauliflower toss between plates. Top veggies with the pickled onion and **chilli** (if using). Spoon coconut sauce over the lamb.
- Garnish with **flaked almonds**. Serve with mint yoghurt. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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