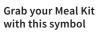


Seared Lamb Backstrap & Rosemary Butter

with Roast Sweet Potato, Kale & Fetta Salad

GOURMET PLUS

CUSTOMER FAVOURITE











Carrot













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.



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 \cdot Large frying pan

Ingredients

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	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	2 small packets OR 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)	2453kJ (586Cal)	347kJ (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 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.



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.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.



Cook the lamb

- When the 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.



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.



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.



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 kale salad to serve.
 Enjoy!

