



Classic Roasted Lamb & Balsamic Sauce

with Garlic Veggie Mash & Tomato Salad

NEW



Grab your Meal Kit with this symbol



Aussie Spice Blend



Lamb Rump



Potato



Carrot



Tomato



Garlic



Mixed Salad Leaves



Lamb Rump

Prep in: 20-30 mins
Ready in: 40-50 mins

Carb Smart

Our test kitchen erupted in cheers when this roast lamb was plated up. We couldn't keep this one to ourselves for much longer, when the garlic veggie mash, tomato salad and balsamic lamb tastes this good!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar, 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

Large frying pan · Medium saucepan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
Aussie spice blend	1 medium sachet	1 large sachet
lamb rump	1 small packet	1 large packet
potato	1	2
carrot	2	4
tomato	1	2
garlic	3 cloves	6 cloves
brown sugar*	1 tsp	2 tsp
balsamic vinegar*	1½ tbs	3 tbs
butter*	20g	40g
mixed salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
lamb rump**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1791kJ (428Cal)	378kJ (90Cal)
Protein (g)	43.9g	9.3g
Fat, total (g)	16.3g	3.4g
- saturated (g)	8g	1.7g
Carbohydrate (g)	24.9g	5.3g
- sugars (g)	13.1g	2.8g
Sodium (mg)	628mg	133mg
Dietary Fibre (g)	7.7g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2740kJ (654Cal)	422kJ (100Cal)
Protein (g)	83.3g	12.8g
Fat, total (g)	23.9g	3.7g
- saturated (g)	10.4g	1.6g
Carbohydrate (g)	24.9g	3.8g
- sugars (g)	13.1g	2g
Sodium (mg)	741mg	114mg
Dietary Fibre	7.7g	1.2g

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.

We're here to help!

Scan here if you have any questions or concerns



1



Sear the lamb

- Preheat oven to **220°C/200°C fan-forced**.
- Boil the kettle. In a small bowl, combine **Aussie spice blend** and a generous drizzle of **olive oil**. Season.
- Lightly score **lamb rump** fat in a 1cm criss-cross pattern. Season **lamb rump** all over and place, fat-side down, in a large frying pan.
- Place pan over medium heat and cook undisturbed until golden, **10-12 minutes**.
- Increase heat to high and sear **lamb rump** on all sides for **30 seconds**.

TIP: Starting the lamb in a cold pan helps the fat melt without burning.

Custom Recipe: If you've doubled your lamb rump, cook in batches for the best results.

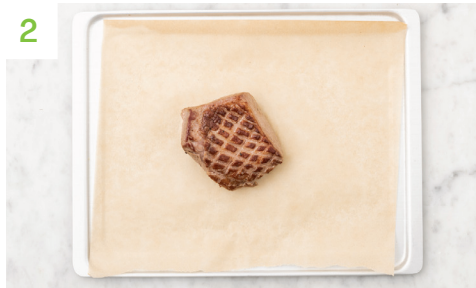
4



Make the veggie mash

- Cook **potato**, **carrot** and **garlic cloves** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain, then return to saucepan. Drizzle with **olive oil** and season generously with **salt**.
- Mash until smooth, then cover to keep warm.

2



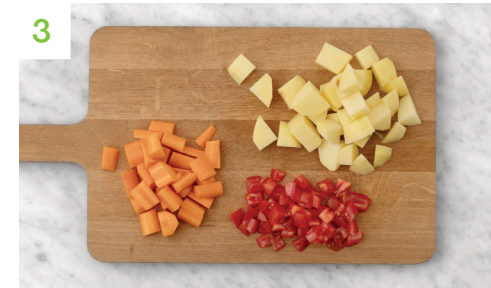
Roast the lamb

- Transfer **lamb**, fat-side up, to a lined oven tray. Brush **spice blend mixture** over lamb.
- Roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove from oven and rest for **10 minutes**.

TIP: The lamb will keep cooking as it rests!

Custom Recipe: Spread lamb over two oven trays if your tray is getting crowded.

3



Get prepped

- While lamb is roasting, half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and **carrot** and cut into large chunks. Roughly chop **tomato**. Peel **garlic**.

TIP: Save time and get more fibre by leaving the potato unpeeled.

5



Make sauce & toss the salad

- While the lamb is resting, wipe out frying pan and return to medium heat.
- Cook the **brown sugar**, the **balsamic vinegar** and a splash of **water** until slightly reduced, **1-2 minutes**.
- Remove from heat, then stir through the **butter** and any **lamb resting juices**. Season to taste.
- In a medium bowl, combine **tomato**, **mixed salad leaves** and a drizzle of the **white wine vinegar** and **olive oil**. Season.

6



Serve up

- Slice lamb.
- Divide veggie mash, classic roasted lamb and tomato salad between plates.
- Spoon balsamic sauce over lamb to serve. Enjoy!

Rate your recipe

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