



# Sticky Glazed Lamb Rump

with Veggie Fries & Tomato Salad

NEW CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Lamb Rump



Carrot



Beetroot



Thyme



Tomato



Garlic



Mixed Salad Leaves



Sweet & Savoury Glaze



Vegetable Stock Powder



Lamb Rump

Prep in: 15-25 mins  
Ready in: 40-50 mins

Carb Smart

It's roast lamb, but not as you know it! We're using our sweet and savoury glaze to lift succulent lamb rump to new heights. A classy side of veggie fries and a tomato salad is all that's needed to create a meal fit for a pro!

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

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic) Butter

## 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 · Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
lamb rump	1 small packet	2 small packets OR 1 large packet
carrot	2	4
beetroot	1	2
thyme	1 bag	1 bag
tomato	1	2
garlic	2 cloves	4 cloves
mixed salad leaves	1 medium bag	1 large bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
sweet & savoury glaze	1 medium packet	1 large packet
vegetable stock powder	½ medium sachet	1 medium sachet
<b>butter*</b>	10g	20g
lamb rump**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1697kJ (406Cal)	337kJ (81Cal)
Protein (g)	43.6g	8.7g
Fat, total (g)	13.2g	2.6g
- saturated (g)	5.4g	1.1g
Carbohydrate (g)	25.8g	5.1g
- sugars (g)	22.9g	4.6g
Sodium (mg)	712mg	142mg
Dietary Fibre (g)	9.4g	1.9g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2646kJ (632Cal)	390kJ (93Cal)
Protein (g)	83g	12.2g
Fat, total (g)	20.7g	3.1g
- saturated (g)	7.8g	1.2g
Carbohydrate (g)	25.8g	3.8g
- sugars (g)	22.9g	3.4g
Sodium (mg)	826mg	122mg
Dietary Fibre (g)	9.4g	1.4g

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://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



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## Cook the lamb rump

- Preheat oven to **220°C/200°C fan-forced**. Lightly score fat of **lamb rump** in a 1cm criss-cross pattern.
- Season **lamb** all over with **salt** and **pepper**, then place, fat-side down, in a large frying pan. Place pan over medium heat and cook **lamb**, undisturbed, until golden, **10-12 minutes**. Increase heat to high and sear **lamb** on all sides for **30 seconds**.
- While the lamb is cooking, cut **carrot** and **beetroot** into fries.
- Place **veggie fries** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, spread out evenly, then bake until tender, **25-30 minutes**.

**Custom Recipe:** If you've doubled your lamb rump, prepare as above. Cook lamb in batches if your pan is getting crowded.

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## Make the salad

- While the lamb is roasting, pick **thyme** leaves. Roughly chop **tomato**. Finely chop **garlic**.
- In a medium bowl, combine **tomato**, **mixed salad leaves**, a drizzle of **olive oil** and the **vinegar**. Season with **salt** and **pepper**. Set aside.
- While the lamb is resting, return frying pan to medium heat. Cook **garlic** and **thyme** until fragrant, **1 minute**.
- Add **sweet & savoury glaze**, **vegetable stock powder** (see ingredients), a splash of **water** and the **butter** and cook until heated through and slightly reduced, **1 minute**. Stir through any **lamb resting juices** until combined.

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## Roast the lamb

- While the veggie fries are baking, transfer **lamb**, fat-side up, to a second lined oven tray. Roast for **15-20 minutes** for medium, or until cooked to your liking.
- Remove tray from oven and cover **lamb** with foil to rest for **10 minutes**.

**Custom Recipe:** Spread lamb across a second lined tray if your tray is getting crowded.

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## Serve up

- Slice roasted lamb.
- Divide lamb, veggie fries and tomato salad between plates.
- Spoon sticky glaze mixture over lamb to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)