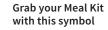


Sticky Glazed Lamb Rump with Veggie Fries & Tomato Salad

NEW

CLIMATE SUPERSTAR









Carrot





Beetroot







Mixed Salad Leaves

Sweet & Savoury

Vegetable Stock Powder





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

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!



Pantry items

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

ingi caicino			
2 People	4 People		
refer to method	refer to method		
1 small packet	2 small packets OR 1 large packet		
2	4		
1	2		
1 bag	1 bag		
1	2		
2 cloves	4 cloves		
1 medium bag	1 large bag		
drizzle	drizzle		
1 medium packet	1 large packet		
½ medium sachet	1 medium sachet		
10g	20g		
1 small packet	2 small packets OR 1 large packet		
	refer to method 1 small packet 2 1 1 bag 1 2 cloves 1 medium bag drizzle 1 medium packet ½ medium sachet 10g		

^{*}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	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!





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.



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.



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.



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

