



Sticky Glazed Lamb Rump

with Roast Veggies & Tomato Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Lamb Rump



Carrot & Zucchini Mix



Thyme



Tomato



Garlic Paste



Sweet & Savoury Glaze



Vegetable Stock Powder



Mixed Salad Leaves



Balsamic Vinaigrette Dressing



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 roasted veggies 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, 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
olive oil*	refer to method	refer to method
lamb rump	1 small packet	2 small packets OR 1 large packet
carrot & zucchini mix	1 medium bag	1 large bag
thyme	1 bag	1 bag
tomato	1	2
garlic paste	1 packet	2 packets
sweet & savoury glaze	1 medium packet	1 large packet
vegetable stock powder	½ medium sachet	1 medium sachet
butter*	10g	20g
mixed salad leaves	1 medium bag	1 large bag
balsamic vinaigrette dressing	1 packet	2 packets
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)	1754kJ (419Cal)	359kJ (86Cal)
Protein (g)	43.6g	8.9g
Fat, total (g)	17.4g	3.6g
- saturated (g)	5.8g	1.2g
Carbohydrate (g)	18.9g	3.9g
- sugars (g)	15.1g	3.1g
Sodium (mg)	792mg	162mg
Dietary Fibre (g)	6.4g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2703kJ (646Cal)	407kJ (97Cal)
Protein (g)	83g	12.5g
Fat, total (g)	24.9g	3.8g
- saturated (g)	8.2g	1.2g
Carbohydrate (g)	18.9g	2.8g
- sugars (g)	15.1g	2.3g
Sodium (mg)	906mg	136mg
Dietary Fibre	6.4g	1g

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**. 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 lamb in batches for best results.

3



Make it saucy

- While lamb is resting, pick **thyme** leaves. Roughly chop **tomato**.
- Wipe out frying pan and return to medium heat with a drizzle of **olive oil**. Cook **garlic paste** and **thyme**, until fragrant, **1 minute**.
- Stir in **sweet & savoury glaze**, **vegetable stock powder** (see ingredients), the **butter**, a splash of **water** and any **lamb resting juices**, cook until bubbling, **1-2 minutes**.

2



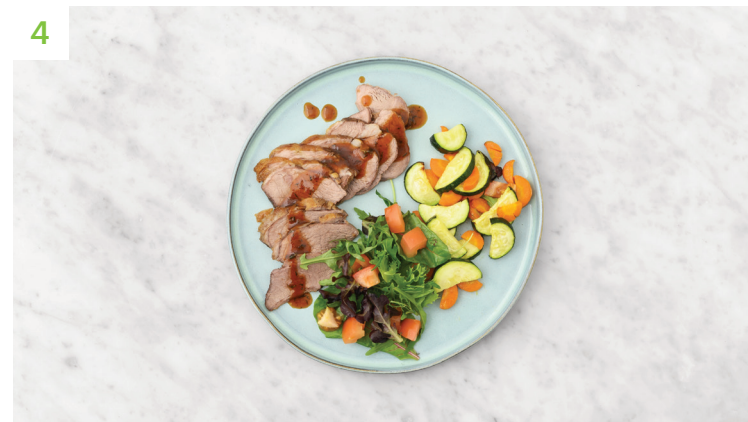
Roast the veggies & lamb

- Meanwhile, place **carrot & zucchini mix** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **25-30 minutes**.
- Once lamb has seared, transfer, fat-side up, to a second lined oven tray. Roast for **15-20 minutes** for medium or until cooked to your liking. Remove from oven and rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!

Custom Recipe: Divide lamb across two oven trays if your tray is getting crowded.

4



Toss the salad & serve up

- In a medium bowl, combine tomato, **mixed salad leaves** and **balsamic vinaigrette dressing**.
- Slice lamb.
- Divide lamb, roast veggies and tomato salad between plates.
- Pour sticky glaze over lamb to serve. Enjoy!

Rate your recipe

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