



# Chermoula-Spiced Honey Lamb

with Sesame Roast Veggie Toss & Garlic Yoghurt

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Chermoula Spice Blend



Lamb Rump



Beetroot



Carrot



Potato



Sesame Seeds



Garlic



Greek-Style Yoghurt

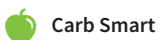


Baby Spinach Leaves



Peeled & Chopped Pumpkin

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



Our lamb rump is taken to the next level when rubbed with our chermoula spice and honey concoction. With a bountiful sesame-laced roast veggie toss, you can indulge in this meal whilst knowing that it is light on the carbs.

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

### Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

## 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
chermoula spice blend	1 medium sachet	1 large sachet
<b>honey*</b>	1 tsp	2 tsp
lamb rump	1 medium packet	1 large packet
beetroot	1	2
carrot	1	2
potato	1	2
sesame seeds	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
peeled & chopped pumpkin**	1 medium bag	2 medium bags

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1845kJ (441Cal)	361kJ (86Cal)
Protein (g)	48.8g	9.5g
Fat, total (g)	13.2g	2.6g
- saturated (g)	4g	0.8g
Carbohydrate (g)	30.2g	5.9g
- sugars (g)	18.9g	3.7g
Sodium (mg)	709mg	139mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2193kJ (524Cal)	308kJ (74Cal)
Protein (g)	53g	7.5g
Fat, total (g)	14.4g	2g
- saturated (g)	4.3g	0.6g
Carbohydrate (g)	44g	6.2g
- sugars (g)	29.3g	4.1g
Sodium (mg)	711mg	100mg

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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## Make chermoula oil & sear the lamb

- Preheat oven to **220°C/200°C fan-forced**. In a small bowl, combine **chermoula spice blend**, the **honey** and a generous drizzle of **olive oil**. Season with **salt** and **pepper**.
- Lightly score **lamb rump** fat in a 1cm criss-cross pattern. Season **lamb** 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.

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## Make the garlic yoghurt

- While lamb is resting, finely chop **garlic**.
- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **garlic** until fragrant, **1 minute**. Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste.

2



## Roast the veggies

- While the lamb is cooking, cut **beetroot** into 1cm chunks. Cut **carrot** and **potato** into bite-sized chunks. Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **sesame seeds** and season with **salt**. Toss to coat. Roast until tender, **25-30 minutes**.
- Meanwhile, transfer **lamb**, fat-side up, to a second lined oven tray. Brush **chermoula oil** 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 meat will keep cooking as it rests!

**Custom Recipe:** If you've added peeled & chopped pumpkin, add pumpkin to the lined oven tray with the veggies. Sprinkle over sesame seeds, drizzle with oil and season with salt. Toss to coat. Roast until tender, 25-30 minutes.

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## Serve up

- When veggies are done, add **baby spinach leaves** and a drizzle of the **vinegar** to the tray. Toss to combine. Season to taste.
- Slice lamb.
- Divide sesame-roasted veggie toss between bowls. Top with chermoula-spiced honey lamb. Pour over any resting juices.
- Top with garlic yoghurt 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)