



Chermoula-Spiced Honey Lamb

with Sesame Roast Veggie Toss & Garlic Sauce

DIETITIAN APPROVED

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Chermoula Spice Blend



Lamb Rump



Potato, Carrot & Zucchini Mix



Sesame Seeds



Baby Spinach Leaves



Garlic Sauce



Lamb Rump

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



Carb Smart*

*Custom recipe is not Carb Smart

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 protein, 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
olive oil*	refer to method	refer to method
chermoula spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
lamb rump	1 medium packet	1 large packet
potato, carrot & zucchini mix	1 medium bag	1 large bag
sesame seeds	1 medium sachet	1 large sachet
baby spinach leaves	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
garlic sauce	1 medium packet	2 medium packets
lamb rump**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2084kJ (498Cal)	335kJ (80Cal)
Protein (g)	49.2g	7.9g
Fat, total (g)	18.2g	2.9g
- saturated (g)	3.4g	0.5g
Carbohydrate (g)	31.8g	5.1g
- sugars (g)	12.6g	2g
Sodium (mg)	811mg	131mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3033kJ (725Cal)	381kJ (91Cal)
Protein (g)	88.5g	11.1g
Fat, total (g)	25.7g	3.2g
- saturated (g)	5.9g	0.7g
Carbohydrate (g)	31.8g	4g
- sugars (g)	12.6g	1.6g
Sodium (mg)	925mg	116mg

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**. In a small bowl, combine **chermoula spice blend**, the **honey** and a generous drizzle of **olive oil**. Season to taste.
- 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** (starting the lamb in a cold pan helps the fat melt without burning). Increase heat to high and sear **lamb rump** on all sides for **30 seconds**.

Custom Recipe: If you've doubled your lamb rump, use extra honey and olive oil, follow as above. Use a second large frying pan for the best results.

3



Roast the lamb

- Meanwhile, transfer **lamb**, fat-side up, to a second lined oven tray. Brush **chermoula oil 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 meat will keep cooking as it rests!

2



Roast the veggies

- While lamb is searing, place **potato, carrot & zucchini mix** on a lined oven tray. Sprinkle over **sesame seeds**, drizzle with **olive oil** and season with **salt**. Toss to coat.
- Roast until tender, **25-30 minutes**.

4



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. Add a dollop of **garlic sauce** to serve. Enjoy!

Rate your recipe

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