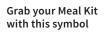


Chermoula-Spiced Honey Lamb with Sesame Roast Veggie Toss & Garlic Sauce

DIETITIAN APPROVED

CLIMATE SUPERSTAR









Chermoula Spice



Potato, Carrot



Sesame Seeds

& Zucchini Mix





Garlic Sauce

Baby Spinach





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 induldge in this meal whilst knowing that it is light on the carbs.



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

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	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		

Nutrition

*Pantry Items **Custom Recipe Ingredient

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





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.

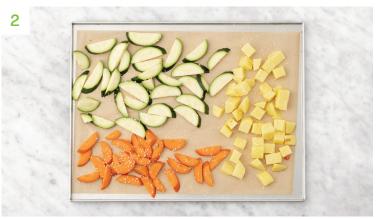
Custom Recipe: If you've doubled your lamb rump, use extra honey and olive oil, follow as above. Use a second large frying pan for the best results.



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!



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.



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!



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