



# Dukkah Lamb Rump & Roast Veggie Salad

with Caramelised Onion & Fetta

NEW

DIETITIAN APPROVED

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Lamb Rump



Beetroot



Sweet Potato



Carrot



Dukkah



Red Onion



Baby Spinach Leaves



Fetta Cubes



Salmon

Prep in: 25-35 mins  
Ready in: 40-50 mins



Carb Smart



Eat Me First

It's roast lamb, but not as you know it! We're using our flavourful and earthy dukkah to lift succulent lamb rump to new heights. With a generous helping of roasted veggies, it's all you need to create a low-carb and nutritious meal that's fit for even the fussiest eaters.

**CUSTOM RECIPE**

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

## 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
lamb rump	1 medium packet	1 large packet
beetroot	1	2
sweet potato	1	2
carrot	1	2
dukkah	1 medium sachet	1 large sachet
red onion	1	2
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
fetta cubes	1 medium packet	1 large packet
salmon**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2065kJ (494Cal)	353kJ (84Cal)
Protein (g)	50.4g	8.6g
Fat, total (g)	16g	2.7g
- saturated (g)	5g	0.9g
Carbohydrate (g)	36.2g	6.2g
- sugars (g)	26.3g	4.5g
Sodium (mg)	702mg	120mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2373kJ (567Cal)	431kJ (103Cal)
Protein (g)	39.6g	7.2g
Fat, total (g)	28.8g	5.2g
- saturated (g)	6.1g	1.1g
Carbohydrate (g)	37.4g	6.8g
- sugars (g)	26.3g	4.8g
Sodium (mg)	644mg	117mg

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



## 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** 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** on all sides for **30 seconds**.

**TIP:** Starting the lamb in a cold pan helps the fat melt without burning.



## Caramelise the onion

- While the lamb is resting, thinly slice **red onion**.
- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium, then add the **balsamic vinegar**, the **brown sugar** and a splash of **water**. Mix well, then cook until dark and sticky, **3-5 minutes**. Add **lamb resting juices**, stir to combine, then remove from the heat. Set aside.



## Roast the veggies

- While lamb is cooking, cut **beetroot** into thin wedges.
- Cut **sweet potato** and **carrot** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil** and season. Toss to coat.
- Roast until tender, **25-30 minutes**.



## Toss the salad

- When the veggies are done, add **baby spinach leaves** to the oven tray. Toss to combine. Season to taste.



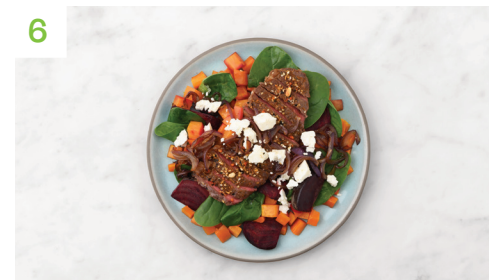
## Roast the lamb

- While the veggies are roasting, evenly spread **dukkah** on a plate. Lay **lamb** on dukkah, turning to coat. 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:** Press down firmly to help the dukkah stick to the lamb.

**TIP:** The meat will keep cooking as it rests!

**Custom Recipe:** If you've swapped to salmon, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Pat salmon dry with paper towel, sprinkle with dukkah and season both sides. When oil is hot, cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side.



## Serve up

- Slice dukkah lamb.
- Divide lamb and roast veggie salad between plates.
- Top with caramelised onion and crumble over **fetta cubes** to serve. Enjoy!

**Custom Recipe:** Serve salmon, as above.

## Rate your recipe

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