



Dukkah Lamb Rump & Roast Veggie Salad

with Onion Chutney & Fetta

Grab your Meal Kit with this symbol



Lamb Rump



Potato, Carrot & Zucchini Mix



Dukkah



Baby Spinach Leaves



Onion Chutney



Fetta Cubes



Salmon

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

Carb Smart

This tender roast lamb is the ultimate crowd pleaser, and even better with the roast veggie salad. Sweet Onion chutney cuts the lamb's richness, and the creamy fetta is the perfect garnish.

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

Pantry items

Olive Oil

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 medium packet	1 large packet
potato, carrot & zucchini mix	1 medium bag	1 large bag
dukkah	1 medium sachet	1 large sachet
baby spinach leaves	1 medium bag	1 large bag
onion chutney	1 packet (40g)	2 packets (80g)
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)	2101kJ (502Cal)	336kJ (80Cal)
Protein (g)	51.6g	8.3g
Fat, total (g)	16.3g	2.6g
- saturated (g)	5g	0.8g
Carbohydrate (g)	34.4g	5.5g
- sugars (g)	15.4g	2.5g
Sodium (mg)	747mg	120mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2410kJ (576Cal)	408kJ (98Cal)
Protein (g)	40.8g	6.9g
Fat, total (g)	29.1g	4.9g
- saturated (g)	6.2g	1.1g
Carbohydrate (g)	35.6g	6g
- sugars (g)	15.4g	2.6g
Sodium (mg)	690mg	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 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.

3



Roast the lamb

- While 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, coat salmon as above. Place salmon on a lined oven tray and season on both sides. Lightly coat or spray with olive oil. Bake until salmon is just cooked through, 8-12 minutes.

2



Roast the veggies

- Meanwhile, place **potato, carrot & zucchini mix** on a lined oven tray. Drizzle with **olive oil** and season. Toss to coat.
- Roast until tender, **25-30 minutes**.

4



Toss and serve

- When veggies are done, add **baby spinach leaves** to oven tray. Toss to combine. Season to taste.
- Slice dukkah lamb.
- Divide lamb and roast veggie salad between plates.
- Top with **onion chutney** and crumble over **fetta cubes** to serve. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!
Let them know what you thought: hellofresh.com.au/rate