



Lamb Rump & North Indian Coconut Sauce

with Roast Veggie Toss

DIWALI

Grab your Meal Kit with this symbol



Lamb Rump



Beetroot



Brown Onion



Carrot



Sweet Potato



Garlic



Mild North Indian Spice Blend



Coconut Milk



Baby Spinach Leaves



Slow-Cooked Pork Belly

Prep in: 15-25 mins
Ready in: 35-45 mins



Carb Smart*

*Custom recipe is not Carb Smart

This Diwali season, celebrate the festivities by enjoying this roast lamb delight! We're using our mild, yet flavourful North Indian spice blend to lift succulent lamb rump to new heights. With a generous helping of roasted veggies, it's all you need to create a meal fit for royalty!

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

Pantry items

Olive Oil, Brown Sugar, White Wine Vinegar

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
lamb rump	1 medium packet	1 large packet
beetroot	1	2
brown onion	1	2
carrot	1	2
sweet potato	1	2
garlic	1 clove	2 cloves
mild North Indian spice blend	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
brown sugar*	½ tsp	1 tsp
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	refer to method	refer to method
slow-cooked pork belly**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2273kJ (543Cal)	353kJ (84Cal)
Protein (g)	46.5g	7.2g
Fat, total (g)	23.2g	3.6g
- saturated (g)	16.8g	2.6g
Carbohydrate (g)	37.6g	5.8g
- sugars (g)	26.7g	4.1g
Sodium (mg)	432mg	67mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3755kJ (897Cal)	606kJ (145Cal)
Protein (g)	33.1g	5.3g
Fat, total (g)	69.1g	11.1g
- saturated (g)	37.2g	6g
Carbohydrate (g)	38g	6.1g
- sugars (g)	26.6g	4.3g
Sodium (mg)	404mg	65mg

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 **240°C/220°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**.
- While lamb is cooking, cut **beetroot** and **brown onion** into thin wedges. Cut **carrot** and **sweet potato** 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**.

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

3



Make the North Indian coconut sauce

- While lamb is resting, finely chop **garlic**. Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **mild North Indian spice blend** and **garlic**, until fragrant, **1 minute**.
- Stir in **coconut milk**, the **brown sugar** and any resting **lamb juices** and simmer until thickened, **1-2 minutes**. Season to taste.
- Once roasted veggies are done, add **baby spinach leaves** and a drizzle of the **white wine vinegar**. Toss to combine. Season to taste.

Custom Recipe: Heat grill to high. Flip pork skin-side up. Grill pork until skin is crackling (golden and crispy), 15-25 minutes.

2



Roast the lamb

- Meanwhile, transfer **lamb**, 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** (the meat will keep cooking as it rests).

Custom Recipe: If you've swapped to slow-cooked pork belly, boil the kettle. Place pork belly in a large bowl and cover with boiling water. Using tongs, remove pork carefully and pat dry using paper towel (this step helps the crackling get crispy!). Using a sharp knife, score the skin in 1cm intervals, without cutting into the flesh. Rub all over with a generous pinch of salt. Place pork pieces, skin-side down, on a lined oven tray. Roast until lightly browned, 15-20 minutes.

4



Serve up

- Slice lamb.
- Divide roast veggie toss between plates.
- Top with lamb and spoon over North Indian coconut sauce to serve. Enjoy!

Custom Recipe: Slice pork belly to serve.

Rate your recipe

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