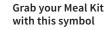


Lamb Rump & North Indian Coconut Sauce

with Roast Veggie Toss

DIWALI











Brown Onion





Sweet Potato



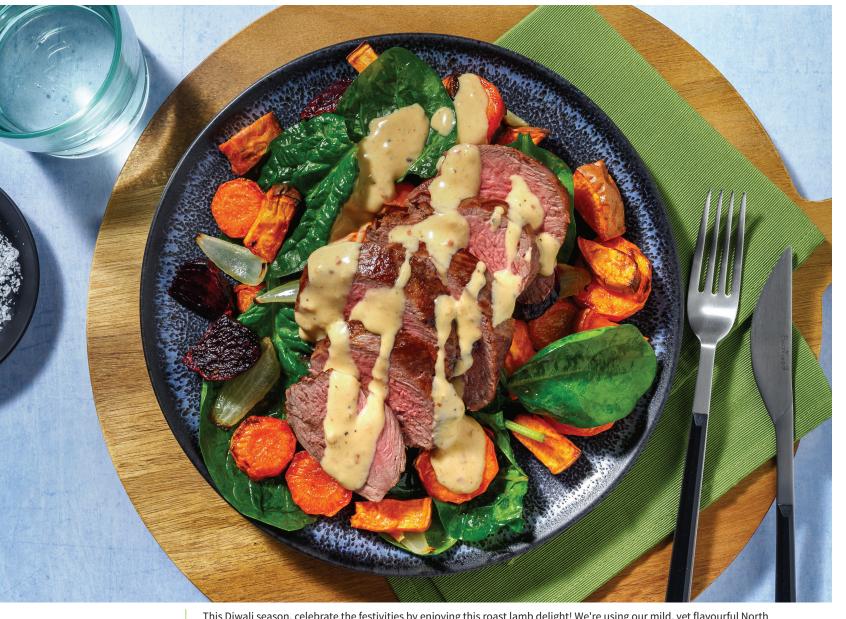


Mild North Indian Spice Blend



Baby Spinach Leaves





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!



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

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	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





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.



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.



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.



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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