



Lamb Rump & North Indian Coconut Sauce

with Easy-Prep Roast Veggie Medley

DIWALI

Grab your Meal Kit with this symbol



Lamb Rump



Red Onion



Cauliflower, Carrot & Zucchini Mix



Mild North Indian Spice Blend



Garlic Paste



Coconut Milk



Baby Spinach Leaves



Lamb Rump

Prep in: 10-20 mins
Ready in: 30-40 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, 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

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
red onion	1	2
cauliflower, carrot & zucchini mix	1 medium packet	1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
garlic paste	1 packet	2 packets
coconut milk	1 medium packet	2 medium packets
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	refer to method	refer to method
lamb rump**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2045kJ (489Cal)	315kJ (75Cal)
Protein (g)	46.4g	7.1g
Fat, total (g)	23.9g	3.7g
- saturated (g)	16.9g	2.6g
Carbohydrate (g)	21.4g	3.3g
- sugars (g)	17.3g	2.7g
Sodium (mg)	475mg	73mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2969kJ (710Cal)	360kJ (86Cal)
Protein (g)	84.7g	10.3g
Fat, total (g)	31.3g	3.8g
- saturated (g)	19.3g	2.3g
Carbohydrate (g)	21.4g	2.6g
- sugars (g)	17.4g	2.1g
Sodium (mg)	589mg	71mg

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

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

Custom Recipe: If you've doubled your lamb rump, cook in batches for the best results.

3



Make the North Indian coconut sauce

- While lamb is resting, wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **mild North Indian spice blend** and **garlic paste**, stirring, until fragrant, **1 minute**.
- Stir in **coconut milk** and any **lamb resting juices** and simmer until thickened, **1-2 minutes**. Season to taste.

2



Roast the veggies & lamb

- Meanwhile, cut **red onion** into wedges.
- Place **cauliflower, carrot & zucchini mix** and **onion** on a lined oven tray. Drizzle with **olive oil** and season. Toss to coat. Roast until tender, **20-25 minutes**.
- While veggies are roasting, 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**.

TIP: The meat will keep cooking as it rests!

Custom Recipe: Spread lamb over two oven trays if your tray is getting crowded.

4



Serve up

- To the tray with roasted veggies, add **baby spinach leaves** and a drizzle of the **white wine vinegar**. Toss to combine. Season to taste.
- Slice lamb.
- Divide roast veggie medley between plates.
- Top with lamb. Spoon over North Indian coconut sauce to serve. Enjoy!

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