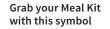


Lamb Rump & North Indian Coconut Sauce

with Easy-Prep Roast Veggie Medley

DIWALI











Cauliflower, Carrot



& Zucchini Mix



Indian Spice Blend



Garlic Paste

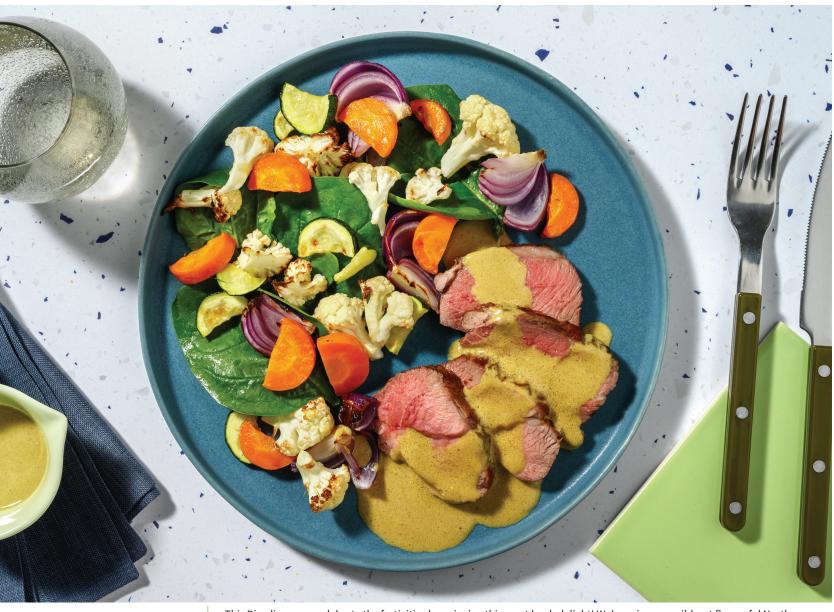


Coconut Milk



Baby Spinach Leaves





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!

Pantry items Olive Oil, White Wine Vinegar

Prep in: 10-20 mins

Ready in: 30-40 mins

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 \cdot 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

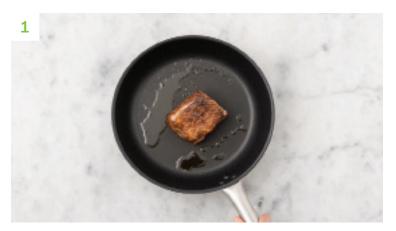
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2969kJ (710Cal)	360kJ (86Cal)
Protein (g)	84.7g	10.3g
Fat, total (g)	31.3g	3.8g
- saturated (g)	19.3g	2.3g
Carbohydrate (g)	21.4g	2.6g
- sugars (g)	17.4g	2.1g
Sodium (mg)	589mg	71mg

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.



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.



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.



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.



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!

