



Roast Lamb Rump & Salsa Verde

with Spiced Veggies & Lemony Slaw

NEW

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Lamb Rump



Potato



Carrot



All-American Spice Blend



Coriander



Lemon



Chilli Flakes (Optional)



Shredded Cabbage Mix



Mayonnaise



Lamb Rump

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

Carb Smart*

*Custom Recipe is not Carb Smart or Dietitian Approved

This is a dazzling twist on a classic Sunday roast with all the trimmings. Lamb rump, cooked to pinky perfection, golden spiced potatoes, a zingy salsa verde and crunchy slaw. Is your mouth watering yet? Time to get this in the oven!

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

Pantry items

Olive Oil, Sugar

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
potato	2	4
carrot	1	2
All-American spice blend	1 medium sachet	1 large sachet
coriander	1 bag	1 bag
lemon	½	1
sugar*	½ tsp	1 tsp
chilli flakes  (optional)	pinch	pinch
shredded cabbage mix	1 medium bag	1 large bag
mayonnaise	1 packet (40g)	2 packets (80g)
lamb rump**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2085kJ (498Cal)	357kJ (85Cal)
Protein (g)	46.1g	7.9g
Fat, total (g)	18.4g	3.2g
- saturated (g)	3.2g	0.5g
Carbohydrate (g)	34.3g	5.9g
- sugars (g)	14.6g	2.5g
Sodium (mg)	643mg	110mg
Dietary Fibre (g)	10g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3009kJ (719Cal)	397kJ (95Cal)
Protein (g)	84.3g	11.1g
Fat, total (g)	25.9g	3.4g
- saturated (g)	5.6g	0.7g
Carbohydrate (g)	34.3g	4.5g
- sugars (g)	14.7g	1.9g
Sodium (mg)	757mg	100mg

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 **lamb**, undisturbed, until golden, **10-12 minutes**.
- While lamb is cooking, cut **potato** and **carrot** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Sprinkle with **All-American spice blend**, season with **salt** and drizzle with **olive oil**. Toss to coat.
- Roast until tender, **25-30 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.

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

3



Toss the slaw

- In a large bowl, combine **shredded cabbage mix**, a drizzle of **olive oil** and a squeeze of **lemon juice**. Season to taste.

2



Roast the lamb & make the salsa verde

- 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**.
- While lamb is resting, finely chop **coriander**. Slice **lemon** into wedges.
- In a small bowl, combine **coriander**, **olive oil** (2 tbs for 2 people / ¼ cup for 4 people), the **sugar**, a pinch of **chilli flakes** (if using) and a squeeze of **lemon juice**. Season and set aside.

TIP: The meat will keep cooking as it rests!

Custom Recipe: Divide lamb between two oven trays if your tray is getting crowded.

4



Serve up

- Slice roast lamb.
- Divide roast veggies, lemony slaw and lamb between plates.
- Top lamb with salsa verde. Serve with **mayonnaise** and any remaining lemon wedges. Enjoy!

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