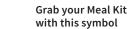


# Sichuan-Glazed Roast Lamb Rump

with Creamy Slaw & Crispy Shallots

DIETITIAN APPROVED











Cucumber







Garlic Paste

Mayonnaise



Crispy Shallots





Prep in: 10-20 mins Ready in: 40-50 mins not Carb Smart or

Carb Smart\*

\*Custom Recipe is Dietitian Approved

It's roast lamb, but not as you know it! We're using our mild, yet flavourful Sichuan garlic paste to lift succulent lamb rump to new heights. A classy side of creamy slaw with crispy shallots is all that's needed to create a meal fit for a pro!



Olive Oil, Vinegar (White Wine or Rice Wine)

### 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 · Oven tray lined with baking paper

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 small packet	2 small packets OR 1 large packet
Sichuan garlic paste	1 packet	2 packets
cucumber	1	2
garlic paste	1 packet	2 packets
mayonnaise	1 medium packet	2 medium packets
vinegar* (white wine or rice wine)	drizzle	drizzle
deluxe slaw mix	1 large bag	2 large bags
crispy shallots	1 medium packet	1 large packet
lamb rump**	1 small packet	2 small packets OR 1 large packet

## \*Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2042kJ (488Cal)	428kJ (102Cal)
Protein (g)	42.8g	9g
Fat, total (g)	27.3g	5.7g
- saturated (g)	5.5g	1.2g
Carbohydrate (g)	23.1g	4.8g
- sugars (g)	17.8g	3.7g
Sodium (mg)	936mg	196mg

#### **Custom Recipe**

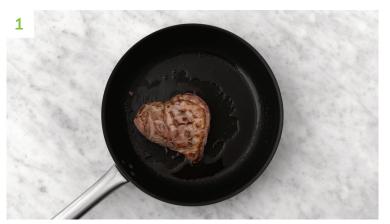
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2966kJ (709Cal)	<b>455kJ</b> (109Cal)
Protein (g)	81.1g	12.4g
Fat, total (g)	34.7g	5.3g
- saturated (g)	7.9g	1.2g
Carbohydrate (g)	23.2g	3.6g
- sugars (g)	17.8g	2.7g
Sodium (mg)	1049mg	161mg

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 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 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 lamb in batches for best results.



### Assemble the slaw

- While lamb is resting, roughly chop cucumber.
- Wipe out frying pan and return to medium heat with a generous drizzle of olive oil. Cook garlic paste until fragrant, 1 minute. Transfer garlic oil to a large bowl.
- Add mayonnaise and a drizzle of vinegar. Mix to combine.
- Add **deluxe slaw mix** and **cucumber**, tossing to combine. Season to taste.



### Roast the lamb

- Transfer lamb, fat-side up, to a lined oven tray. Roast for 15-20 minutes for medium or until cooked to your liking.
- Remove lamb from oven and top with Sichuan garlic paste. Cover with foil and set aside to rest for 10 minutes.

TIP: The lamb will keep cooking as it rests!

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



### Serve up

- · Slice Sichuan-glazed roast lamb.
- Divide creamy slaw and lamb between plates.
- Spoon over any resting juices. Garnish with **crispy shallots** to serve. Enjoy!



Scan here if you have any questions or concerns

