



Lamb Rump & Mumbai Coconut Sauce

with Roast Veggie Medley

NEW

Grab your Meal Kit with this symbol



Lamb Rump



Beetroot



Brown Onion



Carrot



Sweet Potato



Garlic



Mumbai Spice Blend



Coconut Milk



Baby Spinach Leaves



Lamb Rump

Prep in: 15-25 mins
Ready in: 35-45 mins

Carb Smart*
**Custom recipe is not Carb Smart*

It's roast lamb, but not as you know it! We're using our mild, yet flavourful Mumbai 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, 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

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 small packet	2 small packets OR 1 large packet
beetroot	1	2
brown onion	1	2
carrot	1	2
sweet potato	1	2
garlic	1 clove	2 cloves
Mumbai 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
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)	2288kJ (547Cal)	354kJ (85Cal)
Protein (g)	46.7g	7.2g
Fat, total (g)	23.6g	3.7g
- saturated (g)	16.9g	2.6g
Carbohydrate (g)	36.8g	5.7g
- sugars (g)	25.7g	4g
Sodium (mg)	779mg	120mg
Dietary Fibre (g)	13.7g	2.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3212kJ (768Cal)	391kJ (93Cal)
Protein (g)	84.9g	10.3g
Fat, total (g)	31.1g	3.8g
- saturated (g)	19.3g	2.3g
Carbohydrate (g)	36.8g	4.5g
- sugars (g)	25.8g	3.1g
Sodium (mg)	893mg	109mg

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 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**.

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

3



Make the Mumbai 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 **Mumbai spice blend** and **garlic**, stirring, 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 **white wine vinegar**. Toss to combine. Season to taste.

2



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**.

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

- Slice lamb.
- Divide roast veggie toss between plates.
- Top with lamb. Spoon over Mumbai coconut sauce. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate