

# Sichuan-Glazed Roast Lamb Rump

## with Creamy Slaw & Crispy Shallots

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Lamb Rump



Sichuan Garlic Paste



Cucumber



Garlic Paste



Mayonnaise



Deluxe Slaw Mix




Crispy Shallots



Lamb Rump

Prep in: **10-20 mins**  
Ready in: **40-50 mins**

*\*Custom Recipe is not Carb Smart or Dietitian Approved*

 Carb Smart\*

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!

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

### Pantry items

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
<b>olive oil*</b>	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
<b>vinegar*</b> (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)	455kJ (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](https://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



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## 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.

3



## 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.

2



## 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.

4



## 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!

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)