



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



Mayonnaise



Shredded Cabbage Mix



Baby Spinach Leaves



Crispy Shallots



Lamb Rump

Prep in: 20-30 mins
Ready in: 40-50 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 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 Red 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 medium packet	1 large packet
Sichuan garlic paste	1 packet	2 packets
cucumber	1	2
garlic	1 clove	2 cloves
mayonnaise	1 packet (40g)	2 packets (80g)
vinegar* (white wine or rice wine)	drizzle	drizzle
shredded cabbage mix	1 medium bag	1 large bag
baby spinach leaves	1 medium bag	1 large bag
crispy shallots	1 medium packet	1 large packet
lamb rump**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1905kJ (455Cal)	446kJ (107Cal)
Protein (g)	42.8g	10g
Fat, total (g)	26.3g	6.2g
- saturated (g)	5.4g	1.3g
Carbohydrate (g)	19.5g	4.6g
- sugars (g)	14.3g	3.3g
Sodium (mg)	885mg	207mg
Dietary Fibre	4.9g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2829kJ (676Cal)	470kJ (112Cal)
Protein (g)	81.1g	13.5g
Fat, total (g)	33.7g	5.6g
- saturated (g)	7.8g	1.3g
Carbohydrate (g)	19.6g	3.3g
- sugars (g)	14.4g	2.4g
Sodium (mg)	999mg	166mg

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 the 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.



Get prepped

- While lamb is resting, roughly chop **cucumber**.
- Finely chop **garlic**.
- Wipe out frying pan and return to medium heat with a generous drizzle of **olive oil**.
- Cook **garlic** until fragrant, **1 minute**. Transfer **garlic oil** to a large bowl.



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.

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



Make the slaw

- To the bowl with the garlic oil, add **mayonnaise** and a drizzle of the **vinegar**. Mix to combine.
- Add **shredded cabbage mix**, **cucumber** and **baby spinach leaves**, tossing to combine. Season to taste.



Flavour the lamb

- 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!



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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