



Chermoula-Spiced Honey Lamb

with Sesame Roast Veggie Toss & Garlic Yoghurt

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Chermoula Spice Blend



Lamb Rump



Beetroot



Carrot



Potato



Brown Onion



Sesame Seeds



Garlic



Greek Style Yoghurt



Baby Spinach Leaves



Lamb Rump

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



Carb Smart*

*Custom recipe is not Carb Smart or Dietitian Approved

Our lamb rump is taken to the next level when rubbed with our chermoula spice and honey concoction. With a bountiful sesame-laced roast veggie toss, you can indulge in this meal whilst knowing that it is light on the carbs.

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

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

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
chermoula spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
lamb rump	1 medium packet	2 medium packets OR 1 large packet
beetroot	1	2
carrot	1	2
potato	1	2
brown onion	1	2
sesame seeds	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
Greek style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
lamb rump**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1926kJ (460Cal)	320kJ (76Cal)
Protein (g)	48.8g	8.1g
Fat, total (g)	13.2g	2.2g
- saturated (g)	3.9g	0.6g
Carbohydrate (g)	35.5g	5.9g
- sugars (g)	24.2g	4g
Sodium (mg)	716mg	119mg
Dietary Fibre (g)	12.9g	2.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2850kJ (681Cal)	367kJ (88Cal)
Protein (g)	87.1g	11.2g
Fat, total (g)	20.6g	2.7g
- saturated (g)	6.3g	0.8g
Carbohydrate (g)	35.5g	4.6g
- sugars (g)	24.3g	3.1g
Sodium (mg)	830mg	107mg

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**. In a small bowl, combine **chermoula spice blend**, the **honey** and a generous drizzle of **olive oil**. Season to taste.
- Lightly score **lamb rump** fat in a 1cm criss-cross pattern. Season **lamb** 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**.

TIP: Starting the lamb in a cold pan helps the fat melt without burning.

Custom Recipe: If you've doubled your lamb rump, prepare lamb rump as above. Cook lamb in batches for the best results.

3



Make the garlic yoghurt

- While lamb is resting, finely chop **garlic**.
- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **garlic** until fragrant, **1 minute**. Transfer **garlic oil** to a small bowl, then add **Greek style yoghurt** and stir to combine. Season to taste.

2



Roast the veggies and lamb

- While the lamb is cooking, cut **beetroot** into 1cm chunks.
- Cut **carrot** and **potato** into bite-sized chunks.
- Slice **brown onion** into wedges.
- Place **veggies** on a lined oven tray. Sprinkle over **sesame seeds**, drizzle with **olive oil** and season with **salt**. Toss to coat. Roast until tender, **25-30 minutes**.
- Meanwhile, transfer **lamb**, fat-side up, to a second lined oven tray. Brush **chermoula oil** over lamb. 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!

4



Serve up

- When veggies are done, add **baby spinach leaves** and a drizzle of **vinegar** to the tray. Toss to combine. Season to taste.
- Slice lamb. Divide sesame-roasted veggie toss between plates. Top with chermoula-spiced honey lamb.
- Pour over any resting juices. Spoon over garlic yoghurt to serve. Enjoy!

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