



Peppercorn Lamb Rump & Spiced Veggie Fries

with Cucumber Salad & Mayo

NEW

Grab your Meal Kit with this symbol



Lamb Rump



Beetroot



Carrot



Aussie Spice Blend



Black Peppercorns



Cucumber



Mixed Salad Leaves



Mayonnaise



Lamb Rump

Prep in: 15-25 mins
Ready in: 45-55 mins

Carb Smart

Lovely lamb rump joins the likes of crushed black peppercorns, to make a delicious protein worth talking about. With some golden and crispy spiced veggie fries and an easy green salad, you'll be licking the plate clean.

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

Pantry items

Olive Oil, Balsamic 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 medium packet	2 medium packets OR 1 large packet
beetroot	1	2
carrot	2	4
Aussie spice blend	1 medium sachet	1 large sachet
black peppercorns	½ medium sachet	1 medium sachet
cucumber	1	2
mixed salad leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
mayonnaise	1 packet (40g)	2 packets (80g)
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)	1730kJ (413Cal)	352kJ (84Cal)
Protein (g)	42.3g	8.6g
Fat, total (g)	18.1g	3.7g
- saturated (g)	3.2g	0.7g
Carbohydrate (g)	20.2g	4.1g
- sugars (g)	17.7g	3.6g
Sodium (mg)	771mg	157mg
Dietary Fibre (g)	8.9g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2654kJ (634Cal)	398kJ (95Cal)
Protein (g)	80.6g	12.1g
Fat, total (g)	25.5g	3.8g
- saturated (g)	5.6g	0.8g
Carbohydrate (g)	20.3g	3g
- sugars (g)	17.7g	2.7g
Sodium (mg)	884mg	133mg
Dietary Fibre	8.9g	1.3g

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 the fat of **lamb rump** in a 1cm criss-cross pattern. Season **lamb** all over with **salt** and **pepper**, then 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, prepare lamb as above. Cook lamb in batches for best results.

3



Roast the lamb

- Place **lamb** on a second lined oven tray and use the back of a spoon to spread **peppercorn mixture** over the lamb.
- Roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove **lamb** from oven and cover with foil to rest for **10 minutes**.

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

2



Bake the veggie fries

- While the lamb is cooking, cut **beetroot** and **carrot** into fries.
- Place **veggie fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Aussie spice blend** and season. Toss to coat, spread out evenly, then bake until tender, **25-30 minutes**.
- Meanwhile, crush **black peppercorns (see ingredients)** with a mortar and pestle or in their sachet using a rolling pin. In a small bowl, combine **black peppercorns** and a drizzle of **olive oil**.

4



Make the salad & serve up

- Slice **cucumber** into half-moons. In a medium bowl, combine **mixed salad leaves** and a drizzle of **balsamic vinegar** and **olive oil**. Season.
- Slice peppercorn lamb rump. Divide lamb, spiced veggie fries and cucumber salad between plates. Pour any resting juices over lamb. Serve with **mayonnaise**. Enjoy!

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