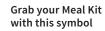


Peppercorn Lamb Rump & Spiced Veggie Fries

with Cucumber Salad & Mayo

NEW













Carrot







Cucumber

Black Peppercorns



Mixed Salad



Mayonnaise

Leaves





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

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.



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 \cdot Two oven trays lined with baking paper

Ingredients

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	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





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.



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.



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.



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!

Rate your recipe

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