



Greek-Style Roast Lamb & Olive Salad

with Fetta Cheese

SUMMER SALADS

NEW

Grab your Meal Kit with this symbol



Lamb Rump



Tomato



Cucumber



Dijon Mustard



Dried Oregano



Mixed Salad Leaves



Kalamata Olives



Fetta Cubes



Lamb Rump

Prep in: 10-20 mins
Ready in: 35-45 mins

Carb Smart

We're in our light and bright era this Summer, so only a salad will do. Enjoy this spin on the classic Greek-style salad with a refreshing combination of crunchy vegetables, rich lamb and tangy dressing complete with crumbles of creamy fetta!

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 · Oven tray 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
tomato	1	2
cucumber	1	2
Dijon mustard	1 packet	2 packets
dried oregano	1 sachet	2 sachets
honey*	1 tsp	2 tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
kalamata olives	1 packet	2 packets
fetta cubes	1 large packet	2 large packets
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)	1547kJ (370Cal)	399kJ (95Cal)
Protein (g)	45.1g	11.6g
Fat, total (g)	17.5g	4.5g
- saturated (g)	6.7g	1.7g
Carbohydrate (g)	6.5g	1.7g
- sugars (g)	5.6g	1.4g
Sodium (mg)	1009mg	260mg
Dietary Fibre (g)	3.1g	0.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2471kJ (591Cal)	439kJ (105Cal)
Protein (g)	83.3g	14.8g
Fat, total (g)	24.9g	4.4g
- saturated (g)	9.1g	1.6g
Carbohydrate (g)	6.6g	1.2g
- sugars (g)	5.6g	1g
Sodium (mg)	1123mg	200mg
Dietary Fibre (g)	3.1g	0.6g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

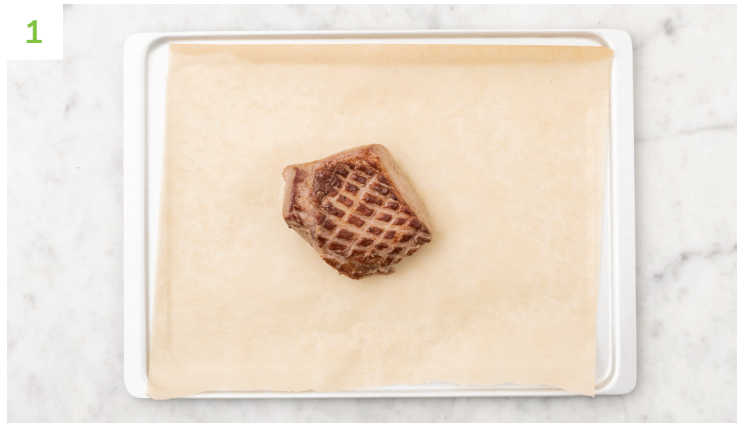
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the lamb

- Preheat oven to **220°C/200°C fan-forced**. 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**. Transfer, fat-side up, to lined oven tray.
- Roast for **15-20 minutes** for medium or until cooked to your liking. Remove from oven and rest for **10 minutes** (the meat will keep cooking as it rests).

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 as above, spreading lamb over two lined oven trays if your tray is getting crowded.

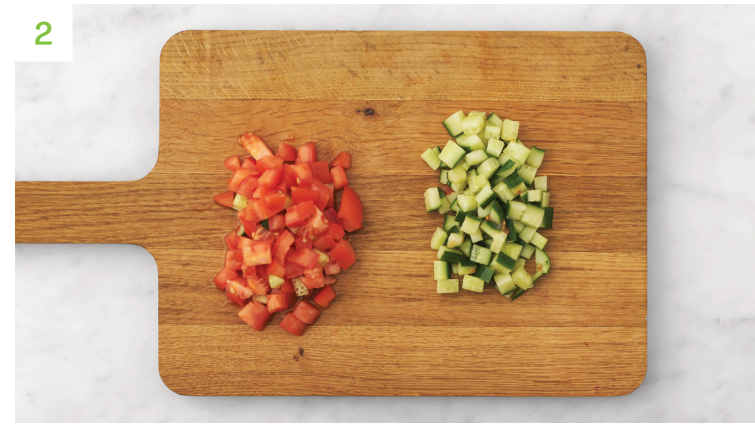
3



Toss the salad

- While the lamb is resting, in a large bowl, combine **Dijon mustard**, a pinch of **dried oregano**, the **honey**, a drizzle of **vinegar** and a good drizzle of **olive oil**.
- Add **mixed salad leaves**, **cucumber**, **tomato**, and **kalamata olives**. Toss to combine. Season to taste.

2



Get prepped

- Meanwhile, roughly chop **tomato** and **cucumber**.

4



Serve up

- Slice lamb.
- Divide Greek-style olive salad between bowls. Top with roast lamb.
- Crumble over **fetta cubes** to serve. Enjoy!

Rate your recipe

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