



Herby Roast Lamb & Panzanella-Style Salad

with Creamy Pesto Dressing & Flaked Almonds

SUMMER SALADS

NEW

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Lamb Rump



Garlic & Herb Seasoning



Tomato



Cucumber



Bake-At-Home Ciabatta



Mixed Salad Leaves



Creamy Pesto Dressing



Flaked Almonds



Lamb Rump

Prep in: 10-20 mins
Ready in: 45-55 mins

Carb Smart*

**Custom recipe is not Carb Smart or Dietitian Approved*

Indulge in a satisfying salad packed with colour and texture! Succulent lamb rump pairs perfectly with our classic garlic & herb seasoning, and crispy ciabatta soaks up all the flavourful dressing and juices for a mid-week dinner delight!

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

Pantry items

Olive Oil, Honey, 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
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato	1	2
cucumber	1	2
bake-at-home ciabatta	1	2
honey*	½ tbs	1 tbs
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
creamy pesto dressing	1 packet (50g)	1 packet (100g)
flaked almonds	1 medium packet	1 large packet
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)	1512kJ (361Cal)	681kJ (163Cal)
Protein (g)	7.1g	3.2g
Fat, total (g)	19.7g	8.9g
- saturated (g)	1.9g	0.9g
Carbohydrate (g)	38.2g	17.2g
- sugars (g)	8.1g	3.6g
Sodium (mg)	772mg	348mg
Dietary Fibre (g)	5.4g	1.3g

Custom Recipe

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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 **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 and cook lamb as above, in batches for best results.

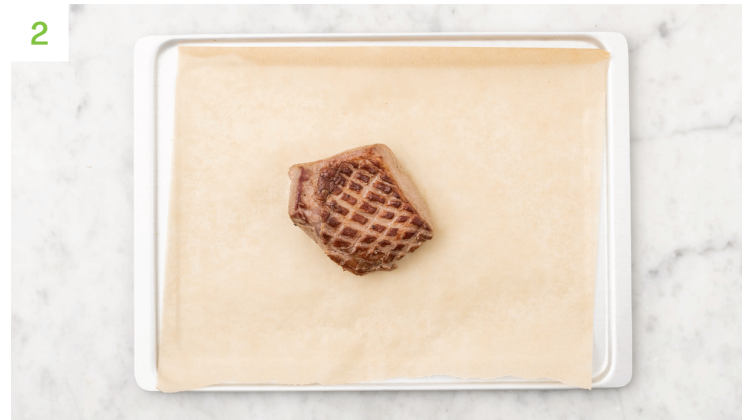
3



Prep the veggies & make the croutons

- Meanwhile, thinly slice **tomato** into wedges.
- Thinly slice **cucumber** into rounds.
- Cut or tear **bake-at-home ciabatta** into bite-sized chunks.
- When lamb is resting, place **ciabatta** on a second lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat and bake until golden, **5-7 minutes**.

2



Roast the lamb

- Transfer **lamb**, fat-side up, to a lined oven tray.
- In a small bowl, combine **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Use the back of a spoon to spread **spice mixture** 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!

Custom Recipe: Spread lamb over two lined oven trays if your tray is getting crowded. Spread spice mixture over lamb and roast as above.

4



Toss the salad & serve up

- In a large bowl, combine the **honey**, **balsamic vinegar** and a drizzle of olive oil. Add tomato, cucumber, **mixed salad leaves** and croutons. Toss to combine. Season.
- Slice lamb.
- Divide Panzanella-style salad between bowls. Top with herby roast lamb. Drizzle over **creamy pesto dressing**. Sprinkle over **flaked almonds** to serve. Enjoy!

Rate your recipe

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Let them know what you thought: hellofresh.com.au/rate