



Roast Lamb Rump & Wholemeal Couscous Salad with Mustard Mayo

NEW

Grab your Meal Kit with this symbol



Lamb Rump



Carrot



Zucchini



Garlic & Herb Seasoning



Lemon



Wholemeal Couscous



Vegetable Stock Powder



Baby Spinach Leaves



Mustard Mayo



Lamb Rump

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



Carb Smart*

*Custom recipe is not Carb Smart

This moreish meal features a tender and rich lamb rump, which pairs perfectly with light and fluffy couscous packed full of roast veggies and baby spinach for extra colour and flavour.

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

Pantry items

Olive Oil

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
carrot	1	2
zucchini	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
lemon	½	1
wholemeal couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
baby spinach leaves	1 small packet	1 medium packet
mustard mayo	1 medium packet	2 medium 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)	2322kJ (555Cal)	509kJ (122Cal)
Protein (g)	50.1g	11g
Fat, total (g)	19.8g	4.3g
- saturated (g)	3.7g	0.8g
Carbohydrate (g)	39.7g	8.7g
- sugars (g)	9.3g	2g
Sodium (mg)	1226mg	269mg
Dietary Fibre (g)	11g	2.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3246kJ (776Cal)	514kJ (123Cal)
Protein (g)	88.3g	14g
Fat, total (g)	27.2g	4.3g
- saturated (g)	6.1g	1g
Carbohydrate (g)	39.7g	6.3g
- sugars (g)	9.4g	1.5g
Sodium (mg)	1340mg	212mg

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** 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, cooking in batches for best results.

3



Make the couscous

- While the lamb is resting, boil the kettle. Halve **lemon**.
- To a large bowl, add **wholemeal couscous** and **vegetable stock powder**.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with plate and leave for **5 minutes**. Fluff up with a fork.
- Add **baby spinach leaves**, **roasted veggies** and a good squeeze of **lemon juice** to the couscous. Season to taste.

2

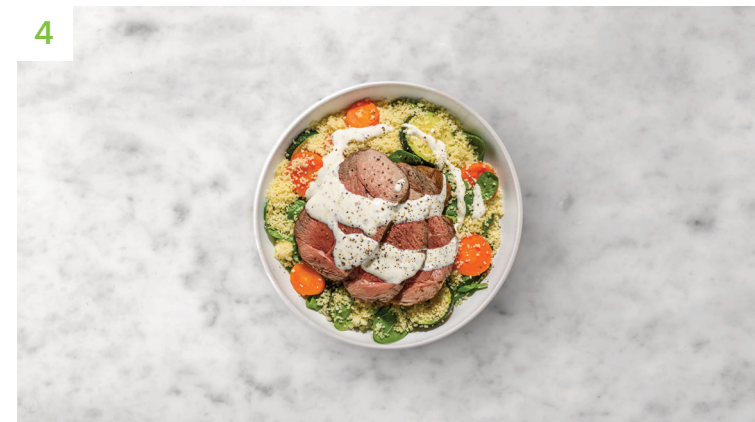


Roast the veggies & lamb

- While the lamb is searing, cut **carrot** and **zucchini** into rounds.
- Place **veggies** on a lined oven tray. Sprinkle with **garlic & herb seasoning** and drizzle with **olive oil**. Toss to coat. Roast until tender, **25-30 minutes**.
- Place **lamb** on a second lined oven tray and 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

- Slice lamb.
- Divide wholemeal couscous salad between bowls.
- Top with roast lamb and drizzle over **mustard mayo** to serve. Enjoy!

Rate your recipe

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