



# Seared Lamb Backstrap & Rosemary Butter

with Sweet Potato Wedges & Fetta Salad

GOURMET PLUS

Grab your Meal Kit with this symbol



Sweet Potato



Brown Onion



Carrot



Parsnip



Garlic



Baby Spinach Leaves



Rosemary



Lamb Backstrap



Fetta Cubes

Prep in: 25-35 mins  
Ready in: 30-40 mins

Calorie Smart

There's a lot to love in this lamb dish - from the rich, premium cut of meat to the warm and hearty salad that boasts the perfect balance of sweet, savoury and earthy flavours. Add a nutty depth of flavour with the fresh rosemary-infused brown butter and bring everything together with a scattering of creamy fetta.

## Pantry items

Olive Oil, Butter, White Wine 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
brown onion	1	2
carrot	1	2
parsnip	1	2
garlic	2 cloves	4 cloves
baby spinach leaves	1 medium packet	1 large packet
rosemary	1 stick	2 sticks
lamb backstrap	1 small packet	2 small packets OR 1 large packet
<b>butter*</b>	30g	60g
<b>white wine vinegar*</b>	drizzle	drizzle
fetta cubes	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2399kJ (573Cal)	362kJ (87Cal)
Protein (g)	41.6g	6.3g
Fat, total (g)	30.2g	4.6g
- saturated (g)	14.8g	2.2g
Carbohydrate (g)	40.8g	6.2g
- sugars (g)	22.9g	3.5g
Sodium (mg)	450mg	68mg

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

## Fancy a drop?

We recommend pairing this meal with Pinot Noir or Chianti



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into thin wedges.
- Slice **brown onion** into thick wedges.
- Thickly slice **carrot** into rounds.
- Cut **parsnip** into bite-sized chunks.
- Place **sweet potato** on a lined oven tray.
- Place remaining **veggies** on a second lined oven tray. Drizzle both trays with **olive oil**, then season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.



## Brown the butter

- Return frying pan to medium heat. Add the **butter, rosemary** and remaining **garlic**. Cook, stirring, until beginning to brown, **2-3 minutes**.
- Season to taste, then remove from heat.



## Get prepped

- Meanwhile, finely chop **garlic**.
- Roughly chop **baby spinach leaves**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby spinach** and half the **garlic**, stirring, until softened and fragrant, **1-2 minutes**.
- Season with **salt** and **pepper** to taste. Transfer to a large bowl and cover to keep warm.
- Pick and finely chop **rosemary**. Set aside.

**TIP:** Run your fingers down the rosemary stalk to remove the leaves easily.



## Bring it all together

- To the bowl with the cooked baby spinach, add **roasted parsnip, carrot** and **onion** and a drizzle of **white wine vinegar**.
- Season, then gently toss to combine.



## Cook the lamb

- When the roast veggies have **10 minutes** remaining, season **lamb backstrap** on both sides.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **lamb** for **7-8 minutes** each side for medium or until cooked to your liking.
- Transfer to a plate to rest, **5 minutes**.



## Serve up

- Slice seared lamb backstrap.
- Divide lamb, roasted sweet potato and baby spinach salad between plates.
- Spoon rosemary brown butter and any lamb resting juices over the lamb.
- Crumble **fetta cubes** over baby spinach salad to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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