



Honey Mustard Glazed Lamb Backstrap

with Garlicky Greens, Lemon Pepper Sweet Potatoes & Horseradish Sauce

GOURMET PLUS

Grab your Meal Kit with this symbol



Sweet Potato



Green Beans



Garlic



Lemon



Wholegrain Mustard



Lamb Backstrap



Baby Spinach Leaves



Horseradish Sauce

Prep in: 25-35 mins
Ready in: 35-45 mins

Carb Smart

A succulent lamb backstrap is made even more delicious with a drizzle of honey-mustard glaze straight from the pan. Team it with a serve of lemon-pepper sweet potato chunks, garlicky greens and a side of horseradish sauce.

Pantry items

Olive Oil, Honey, Cracked Black Pepper

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
green beans	1 small packet	1 medium packet
garlic	2 cloves	4 cloves
lemon	½	1
honey*	1 tbs	2 tbs
wholegrain mustard	1 packet	2 packets
cracked black pepper*	1 tsp	2 tsp
lamb backstrap	1 small packet	2 small packets OR 1 large packet
baby spinach leaves	1 medium packet	1 large packet
horseradish sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1602kJ (383Cal)	329kJ (79Cal)
Protein (g)	38.8g	8g
Fat, total (g)	10.3g	2.1g
- saturated (g)	4g	0.8g
Carbohydrate (g)	38.2g	7.9g
- sugars (g)	20g	4.1g
Sodium (mg)	488mg	100mg
Dietary Fibre (g)	11.7g	2.3g

The quantities provided above are averages only.

Allergens

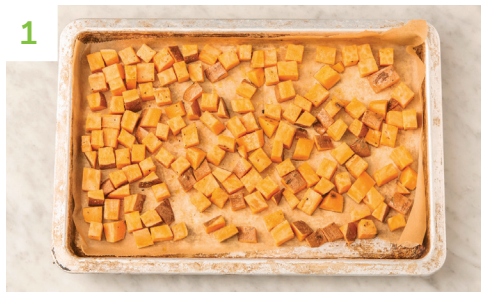
Always read product labels for the most up-to-date allergen information.

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

Fancy a drop?

We recommend pairing this meal with Dry Riesling or Grüner Veltliner

1



Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks. Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to combine. Roast until lightly golden and tender, **20-25 minutes**.
- When the sweet potatoes have finished roasting, add **lemon zest**, a squeeze of **lemon juice** and the **cracked black pepper** to the tray, tossing **potatoes** to coat.

4



Cook the greens

- While the lamb is resting, return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **green beans**, tossing, until tender, **4-5 minutes**.
- Add **baby spinach leaves** and **garlic** and cook until wilted and fragrant, **1-2 minutes**. Season to taste. Transfer to serving plates.

2



Get prepped

- Meanwhile, trim **green beans**.
- Finely chop **garlic**.
- Zest **lemon** to get a generous pinch and slice into wedges.
- In a small bowl, combine the **honey**, **wholegrain mustard**, a splash of **water** and a pinch of **salt** and the **cracked black pepper**.

5



Cook the glaze

- Return frying pan to low heat.
- Add the **honey mustard glaze** and any **lamb resting juices** and cook, stirring, until bubbling, **30 seconds**.

3



Cook the lamb

- Pat **lamb backstrap** dry with paper towel and season on both sides.
- Heat a large frying pan over high heat, add **lamb** and cook for **3-4 minutes** each side for medium or until cooked to your liking.
- Transfer to a plate to rest for **5 minutes**.

TIP: The lamb will keep cooking as it rests!

6



Serve up

- Slice lamb.
- Divide lamb and lemon pepper potatoes between the plates with the garlicky greens.
- Spoon honey mustard glaze over lamb.
- Serve with **horseradish sauce** and remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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