



# Roast Lamb Rump & Pumpkin Veggie Toss

with Dill-Parsley Mayo

SUMMER SALADS

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Zucchini



Pumpkin



Carrot



Lemon Pepper Seasoning



Lamb Rump



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Lamb Rump

Prep in: 10-20 mins  
Ready in: 50-60 mins



Carb Smart\*

\*Custom recipe is not Carb Smart

Looking for a twist on the classic Sunday roast? Dig into slices of rich and juicy lamb rump, sitting on a bed of oven-roasted veggies bursting with a zesty kick. A few mouthfuls of this dish and you'll be heading back for seconds...or thirds!

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

### Pantry items

Olive Oil, 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

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
zucchini	1	2
pumpkin	1 medium	1 large
carrot	1	2
lemon pepper seasoning	1 medium sachet	2 medium sachets
lamb rump	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
lamb rump**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2235kJ (534Cal)	331kJ (79Cal)
Protein (g)	48.4g	7.2g
Fat, total (g)	26.1g	3.9g
- saturated (g)	4g	0.6g
Carbohydrate (g)	26.4g	3.9g
- sugars (g)	20.7g	3.1g
Sodium (mg)	541mg	80mg
Dietary Fibre (g)	8.9g	1.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3159kJ (755Cal)	371kJ (89Cal)
Protein (g)	86.6g	10.2g
Fat, total (g)	33.5g	3.9g
- saturated (g)	6.4g	0.8g
Carbohydrate (g)	26.5g	3.1g
- sugars (g)	20.7g	2.4g
Sodium (mg)	655mg	77mg
Dietary Fibre (g)	8.9g	1.8g

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.

## We're here to help!

Scan here if you have any questions or concerns



1



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **zucchini, pumpkin** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray.
- Sprinkle with **lemon pepper seasoning**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**. Allow to cool slightly.

**TIP:** Pumpkin skin becomes tender after roasting and adds fibre, but you can remove it if you prefer.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.

3



## Toss the veggies

- When roast veggies have cooled slightly, add **baby spinach leaves** and a drizzle of **vinegar** and **olive oil**.
- Toss to combine and season.

2



## Roast the lamb rump

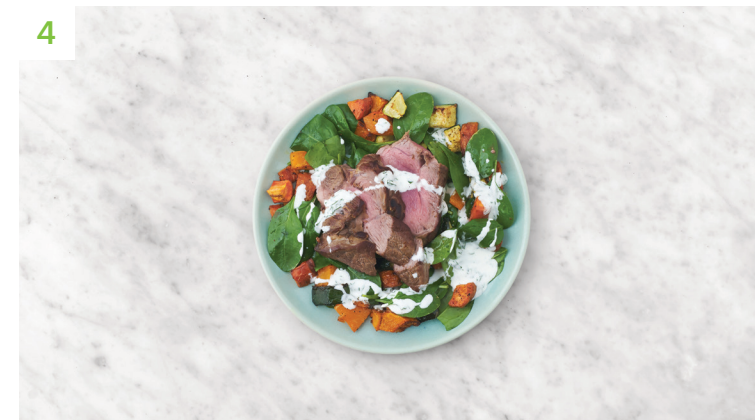
- Meanwhile, lightly score **lamb rump** fat in a 1cm criss-cross pattern. Season **lamb rump** all over and place, fat-side down, in a large frying pan.
- Place pan over medium heat and cook undisturbed until golden, **10-12 minutes**.
- Increase heat to high and sear **lamb rump** on all sides for **30 seconds**. Transfer, fat-side up, to a second lined oven tray.
- Roast for **15-20 minutes** for medium or until cooked to your liking. Remove from oven and rest for **10 minutes**.

**TIP:** Starting the lamb in a cold pan helps the fat melt without burning.

**TIP:** The meat will keep cooking as it rests!

**Custom Recipe:** If you've doubled your lamb rump, prepare lamb as above. Cook lamb in batches for the best result.

4



## Serve up

- Slice lamb.
- Divide pumpkin veggie toss between bowls. Top with roast lamb rump. Drizzle with **dill & parsley mayonnaise** to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)