



# Chinese Roast Lamb & Egg Noodle Stir-Fry

with Green Beans

NEW

Grab your Meal Kit with this symbol



Lamb Rump



Asian BBQ Seasoning



Carrot



Green Beans



Spring Onion



Egg Noodles



Oyster Sauce



Sweet Chilli Sauce



Lamb Rump

Prep in: 10-20 mins  
Ready in: 40-50 mins



Calorie Smart\*

\*Custom recipe is not Calorie Smart

Juicy lamb bursting with fragrant spices teams perfectly with tender egg noodles and veggies coated in sweet and savoury deliciousness. Sprinkle with some spring onions for a refreshing crunch and extra boost of brightness!

**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 · Oven tray lined with baking paper · Medium saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
lamb rump	1 medium packet	1 large packet
Asian BBQ seasoning	1 medium sachet	2 medium sachets
carrot	1	2
green beans	1 medium packet	2 medium packets
spring onion	1 stem	2 stems
egg noodles	1 packet	2 packets
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
<b>water*</b>	½ cup	¾ cup
lamb rump**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2391kJ (571Cal)	542kJ (130Cal)
Protein (g)	48.4g	11g
Fat, total (g)	8g	1.8g
- saturated (g)	2.8g	0.6g
Carbohydrate (g)	76.4g	17.3g
- sugars (g)	21.1g	4.8g
Sodium (mg)	2778mg	629mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3315kJ (792Cal)	538kJ (129Cal)
Protein (g)	86.6g	14g
Fat, total (g)	15.4g	2.5g
- saturated (g)	5.2g	0.8g
Carbohydrate (g)	76.4g	12.4g
- sugars (g)	21.2g	3.4g
Sodium (mg)	2892mg	469mg

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 lamb

- Preheat oven to **220°C/200°C fan-forced**. 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**. Rub half the **Asian BBQ seasoning** over lamb. Transfer, fat-side up, to a lined oven tray.
- Roast for **15-20 minutes** for medium or until cooked to your liking. Remove from oven and rest for **10 minutes**. The meat will keep cooking as it rests!

**Custom Recipe:** If you've doubled your lamb rump, prepare and roast lamb as above. Divide the lamb over two lined oven trays if your tray is getting crowded.

3



## Make the noodle stir-fry

- When lamb is resting, wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **green beans**, tossing, until tender, **4-5 minutes**.
- Reduce heat to medium, add remaining **Asian BBQ seasoning** and cook until fragrant, **1 minute**. Stir in cooked **egg noodles**, **oyster sauce**, **sweet chilli sauce** and the **water**, until well combined. Season with **pepper**.

2



## Get prepped & cook the noodles

- While lamb is roasting, boil the kettle. Thinly slice **carrot** into half-moons. Trim and halve **green beans**. Thinly slice **spring onion**.
- Half-fill a medium saucepan with boiling water. Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.

4



## Serve up

- Thinly slice lamb.
- Divide egg noodle stir-fry between bowls. Top with Chinese roast lamb. Sprinkle with spring onion to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)