



Spiced Roast Lamb & Golden Goddess Dressing with Fattoush-Style Salad

NEW

Grab your Meal Kit with this symbol



Lamb Rump



Chermoula Spice Blend



Mini Flour Tortillas



Cucumber



Tomato



Mixed Salad Leaves



Golden Goddess Dressing



Lamb Rump

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



Calorie Reduced*

*Custom recipe is not Calorie Reduced

Our spiced lamb, colourful veggies and crispy tortillas elevate the humble salad for a meal packed with flavour and texture. Drizzle over our golden goddess dressing to really bring this dish together with zesty and herby goodness.

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

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Rice Wine)

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

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
chermoula spice blend	1 medium sachet	1 large sachet
mini flour tortillas	3	6
cucumber	1	2
tomato	1	2
honey*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet
golden goddess dressing	1 packet	2 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)	2008kJ (480Cal)	502kJ (120Cal)
Protein (g)	43.8g	11g
Fat, total (g)	21.4g	5.4g
- saturated (g)	4.4g	1.1g
Carbohydrate (g)	26g	6.5g
- sugars (g)	6g	1.5g
Sodium (mg)	862mg	216mg
Dietary Fibre (g)	5g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2932kJ (701Cal)	510kJ (122Cal)
Protein (g)	82g	14.3g
Fat, total (g)	28.8g	5g
- saturated (g)	6.8g	1.2g
Carbohydrate (g)	26.1g	4.5g
- sugars (g)	6.1g	1.1g
Sodium (mg)	976mg	170mg
Dietary Fibre (g)	5g	0.9g

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



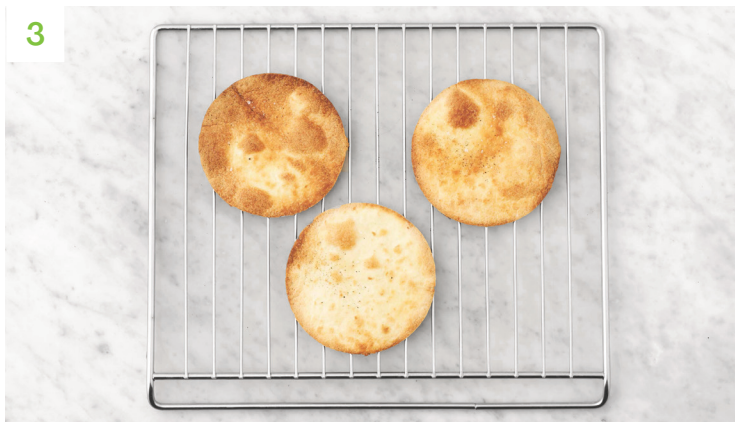
Sear the lamb

- Preheat oven to **220°C/200°C fan-forced**. Lightly score **lamb rump fat** in a 1cm criss-cross pattern. Place **lamb**, 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**.
- Meanwhile, in a small bowl, combine **chermoula spice blend** and a drizzle of **olive oil**.

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, in batches for best results.

3



Bake the tortillas and prep salad

- While lamb is resting, brush **mini flour tortillas** with **olive oil** and season with **salt** and **pepper**.
- Bake **tortillas** directly on a wire oven rack until slightly golden, **5-8 minutes**.
- While tortillas are baking, thinly slice **cucumber** into rounds.
- Cut **tomato** into thin wedges.

2



Roast the lamb

- Transfer **lamb**, fat-side up, to a lined oven tray. Spread **spice mixture** all over **lamb** using the back of a spoon.
- 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

- Roughly chop or tear baked tortillas.
- In a large bowl, combine the **honey** and a drizzle of **vinegar** and olive oil. Add cucumber, tomato, **mixed salad leaves** and tortilla pieces and toss to combine. Season to taste.
- Slice lamb rump. Divide fattoush-style salad between bowls. Top with spiced roast lamb. Drizzle with **golden goddess dressing** to serve. Enjoy!

Rate your recipe

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