



# 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



Lemon



Green Beans



Garlic



Wholegrain Mustard



Lamb Backstrap



Baby Spinach Leaves



Horseradish Sauce

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

Calorie Reduced

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, Cracked Black Pepper, Honey



## 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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
lemon	½	1
<b>cracked black pepper*</b>	1 tsp	2 tsp
green beans	1 small packet	1 medium packet
garlic	2 cloves	4 cloves
<b>honey*</b>	1 tbs	2 tbs
wholegrain mustard	1 medium packet	2 medium packets
lamb backstrap	1 medium packet	2 medium 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)	1930kJ (461Cal)	382kJ (91Cal)
Protein (g)	39.1g	7.7g
Fat, total (g)	18.4g	3.6g
- saturated (g)	4.6g	0.9g
Carbohydrate (g)	39.6g	7.8g
- sugars (g)	21.6g	4.3g
Sodium (mg)	664mg	131mg
Dietary Fibre (g)	11.5g	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](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 Chianti or Bordeaux Merlot blend

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## Roast the sweet 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**.
- Zest **lemon** to get a generous pinch and slice into wedges.
- 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**.
- In a small bowl, combine the **honey**, **wholegrain mustard**, a splash of **water** and a pinch of **salt** and the **cracked black pepper**.

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## 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

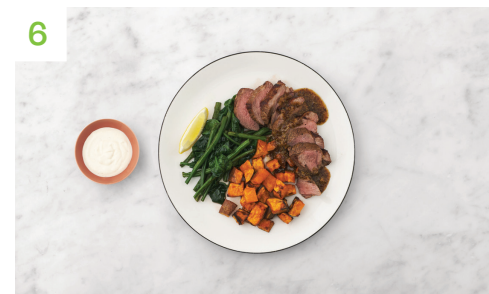


## Cook the lamb

- 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!

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## 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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