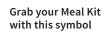


Cosy Caribbean Lamb & Coconut Sauce with Roast Veggie Toss

COSY COMFORTS

NEW













Beetroot

Potato

Carrot



Mild Caribbean

Jerk Seasoning





Coconut Milk



Baby Spinach Leaves





Prep in: 15-25 mins Ready in: 40-50 mins

Calorie Smart* *Custom recipe is not Calorie Smart Curl up with this colourful and rich combination of tender roast veggies, and succulent lamb seasoned with our complex and warming jerk seasoning. Add a scattering of fresh chilli for even more refreshing heat.

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

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 · Two oven trays lined with baking paper

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
lamb rump	1 medium packet	1 large packet	
potato	2	4	
carrot	1	2	
beetroot	1	2	
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet	
garlic	1 clove	2 cloves	
coconut milk	1 medium packet	2 medium packets	
long chilli ∮ (optional)	1/2	1	
baby spinach leaves	1 small packet	1 medium packet	
white wine vinegar*	drizzle	drizzle	
lamb rump**	1 medium packet	1 large packet	
*Pantry Items **Custom Recipe Ingredient			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2402kJ (574Cal)	369kJ (88Cal)
Protein (g)	48g	7.4g
Fat, total (g)	24.1g	3.7g
- saturated (g)	17.7g	2.7g
Carbohydrate (g)	40.3g	6.2g
- sugars (g)	18.6g	2.9g
Sodium (mg)	921mg	142mg
Dietary Fibre (g)	11.8g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3326kJ (795Cal)	403kJ (96Cal)
Protein (g)	86.2g	10.4g
Fat, total (g)	31.6g	3.8g
- saturated (g)	20.1g	2.4g
Carbohydrate (g)	40.4g	4.9g
- sugars (g)	18.6g	2.3g
Sodium (mg)	1035mg	125mg
Dietary Fibre	11.8g	1.4g

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





Sear the lamb

- Preheat the oven to 220°C/200°C fan-forced.
- Lightly score the fat of the **lamb rump** in a 1cm criss-cross pattern. Place the lamb, fat-side down, in a large frying pan (no need for oil!).
- Place the pan over medium heat and cook, undisturbed, until golden, 10-12 minutes. Increase the heat to high, then sear the lamb on all sides for 30 seconds.
- While the lamb is searing, cut **potato** and **carrot** into bite-sized chunks. Cut beetroot into small chunks.
- Place potato, carrot and beetroot on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Roast until tender, 25-30 minutes.

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

Custom Recipe: If you've doubled your lamb rump, prepare lamb as above.



Toss the veggies

- Thinly slice long chilli (if using).
- Add baby spinach leaves and a drizzle of white wine vinegar to the roasted veggies, then toss to coat. Season to taste.



Roast the lamb

- Transfer lamb, fat-side up, to a second lined oven tray. Sprinkle over half the mild Caribbean jerk seasoning and drizzle with olive oil.
- Roast lamb for 15-20 minutes for medium or until cooked to your liking. Remove lamb from the oven, cover with foil and set aside to rest for 10 minutes.
- While the lamb is resting, finely chop the garlic.
- Wipe out frying pan and return to medium-high heat with a drizzle of olive oil. Cook garlic until fragrant, 1 minute.
- Add coconut milk and remaining jerk seasoning and simmer, stirring, until thickened slightly, **2-3 minutes**. Season to taste. Remove from the heat.

TIP: The lamb will keep cooking as it rests!



Serve up

- Slice the Caribbean lamb.
- Divide the lamb and roast veggie toss between plates. Spoon the coconut sauce over the lamb.
- Top with chilli to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate