



Cosy Caribbean Lamb & Coconut Sauce

with Roast Veggie Toss

COSY COMFORTS

NEW

Grab your Meal Kit with this symbol



Lamb Rump



Potato



Carrot



Beetroot



Mild Caribbean Jerk Seasoning



Garlic



Coconut Milk



Long Chilli (Optional)



Baby Spinach Leaves



Lamb Rump



THE GARFIELD MOVIE

EXCLUSIVELY IN CINEMAS

IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD!

Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

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.

Pantry items

Olive Oil, White Wine Vinegar

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

	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)	½	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

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