

# Lamb Rump & Mumbai Coconut Sauce

with Roast Veggie Medley

Grab your meal kit with this number













**Brown Onion** 

Carrot



Sweet Potato





Mumbai Spice

Coconut Milk









Prep in: 15-25 mins Ready in: 35-45 mins



**Carb Smart** 

# Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 tray 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
beetroot	1	2
brown onion	1	2
carrot	1	2
sweet potato	1	2
garlic	1 clove	2 cloves
Mumbai spice blend	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
brown sugar*	½ tsp	1 tsp
baby spinach leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle

<sup>\*</sup>Pantry Items

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2324kJ (555Cal)	357kJ (85Cal)
Protein (g)	46.8g	7.2g
Fat, total (g)	24.5g	3.8g
- saturated (g)	17.7g	2.7g
Carbohydrate (g)	36.9g	5.7g
- sugars (g)	25.8g	4g
Sodium (mg)	780mg	120mg
Dietary Fibre (g)	13.8g	2.1g

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.



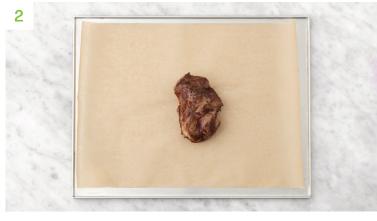
#### Sear the lamb

- 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 (starting the lamb in a cold pan helps the fat melt without burning).
- 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.
- While lamb is cooking, cut **beetroot** and **brown onion** into thin wedges. Cut carrot and sweet potato into bite-sized chunks. Place prepped veggies on a lined oven tray. Drizzle with olive oil and season. Toss to coat.
- Roast until tender, 25-30 minutes.



### Make the Mumbai coconut sauce

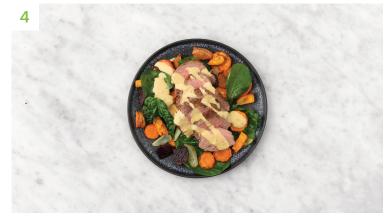
- While lamb is resting, finely chop **garlic**. Wipe out frying pan and return to medium-high heat with a drizzle of olive oil. Cook Mumbai spice blend and garlic, stirring, until fragrant, 1 minute.
- Stir in coconut milk, the brown sugar and any resting lamb juices and simmer until thickened, 1-2 minutes. Season to taste.



#### Roast the lamb

- Meanwhile, transfer **lamb**, fat-side up, to a second lined oven tray.
- 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!

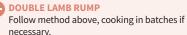


# Serve up

- Once roasted veggies are done, add baby spinach leaves and a drizzle of the white wine vinegar. Toss to combine. Season to taste.
- · Slice lamb.
- Divide roast veggie toss between plates. Top with lamb.
- Spoon over Mumbai coconut sauce. Enjoy!









**SWAP TO BARRAMUNDI** Cook until just cooked through, 5-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

