



Lamb Rump & Mumbai Coconut Sauce

with Roast Veggie Medley

Grab your meal kit with this number

25



Lamb Rump



Beetroot



Brown Onion



Carrot



Sweet Potato



Garlic



Mumbai Spice Blend



Coconut Milk



Baby Spinach Leaves



Lamb Rump



Salmon

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

Carb Smart

It's roast lamb, but not as you know it! We're using our mild, yet flavourful Mumbai spice blend to lift succulent lamb rump to new heights. With a generous helping of roasted veggies, it's all you need to create a meal fit for royalty!

Pantry items

Olive Oil, Brown Sugar, White Wine Vinegar

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 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
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 packet	2 packets
brown sugar*	½ tsp	1 tsp
baby spinach leaves	1 medium packet	1 large packet
white wine vinegar*	refer to method	refer to method

*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** all over and place, 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** 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 **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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



CUSTOM OPTIONS



DOUBLE LAMB RUMP

Follow method above, cooking in batches if necessary.



SWAP TO SALMON

Cook in a frying pan with a drizzle of oil over medium-high heat, until just cooked through, 2-4 minutes each side.

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

