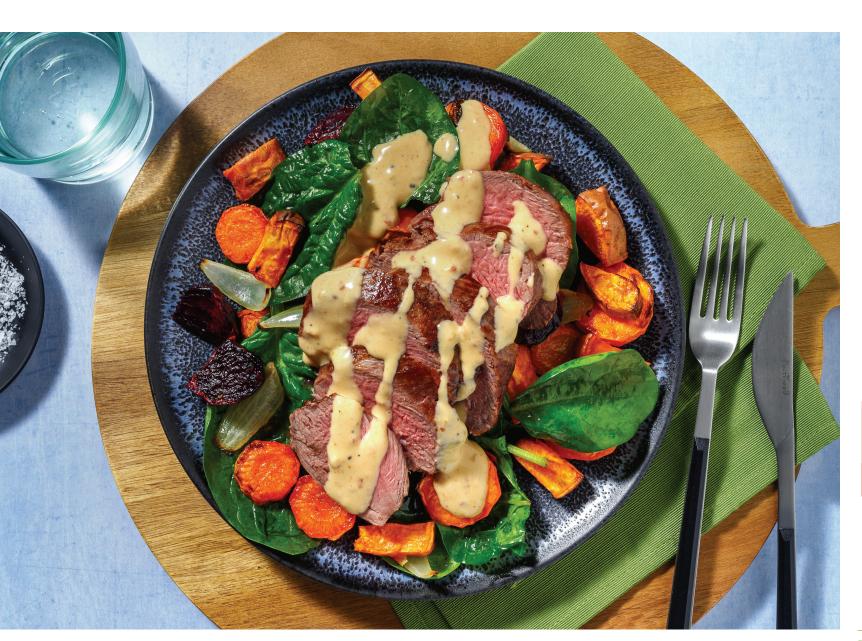


Lamb Rump & Mumbai Coconut Sauce with Roasted Root Veggie Toss

Grab your meal kit with this number













Carrot

Brown Onion





Sweet Potato



Coconut Milk

Mumbai Spice



Baby Spinach Leaves





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*	drizzle	drizzle

^{*}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

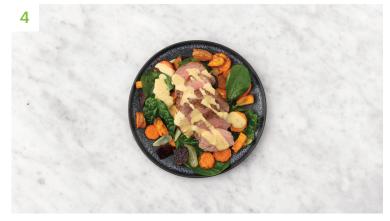
- While lamb is resting, finely chop garlic. Wipe out frying pan and return to medium-high heat with a drizzle of olive oil.
- Cook **Mumbai spice blend** and **garlic**, stirring, until fragrant, **1 minute**.
- Stir in coconut milk, the brown sugar and any resting lamb juices and simmer until thickened,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



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 roasted root veggie toss between plates. Top with lamb.
- · Spoon over Mumbai coconut sauce to serve. Enjoy!





DOUBLE LAMB RUMP

Follow method above, cooking in batches if necessary.



In a large frying pan, cook with a drizzle of olive oil, skin-side down first, 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.

