

Sichuan-Style Glazed Lamb Rump

with Creamy Slaw & Crispy Shallots

HELLOHERO

Grab your meal kit with this number

25



Lamb Rump



Garlic Stir-Fry Sauce



Apple



Garlic



Mayonnaise



Shredded Cabbage Mix



Baby Spinach Leaves



Crispy Shallots



Lamb Rump



Beef Rump

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

Protein Rich

Carb Smart

It's roast lamb, but not as you know it! We're using our mild, yet flavourful garlic stir-fry sauce to lift succulent lamb rump to new heights. A classy side of creamy slaw with crispy shallots is all that's needed to create a meal fit for a pro!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

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 · 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
garlic stir-fry sauce	1 medium packet	2 medium packets
apple	1	2
garlic	1 clove	2 cloves
mayonnaise	1 medium packet	2 medium packets
vinegar* (white wine or rice wine)	drizzle	drizzle
shredded cabbage mix	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2009kJ (480cal)	247kJ (59cal)
Protein (g)	42.8g	5.3g
Fat, total (g)	26.4g	3.3g
- saturated (g)	5.5g	0.7g
Carbohydrate (g)	24.4g	3g
- sugars (g)	18.6g	2.3g
Sodium (mg)	876mg	107.9mg
Dietary Fibre (g)	5.8g	0.7g

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**.

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



Make the slaw

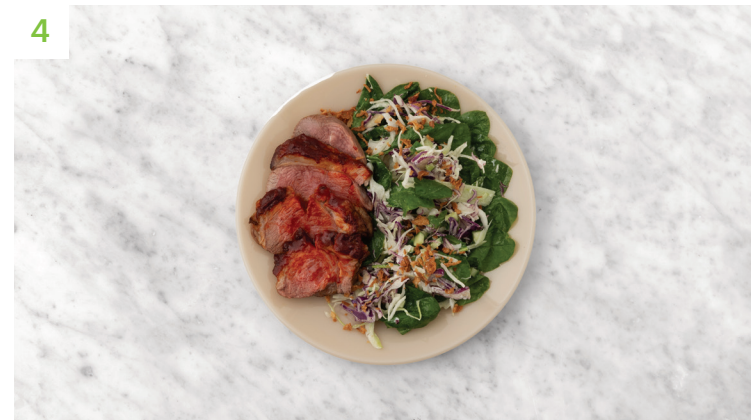
- While lamb is resting, thinly slice **apple** into thin wedges. Finely chop **garlic**.
- Wipe out frying pan and return to medium heat with a generous drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**. Transfer **garlic oil** to a large bowl.
- To garlic oil bowl, add **mayonnaise** and a drizzle of the **vinegar**. Stir to combine.
- Add **shredded cabbage mix**, **apple** and **baby spinach leaves**, tossing to combine. Season to taste with **salt** and **pepper**.



Roast the lamb

- Transfer **lamb**, fat-side up, to a lined oven tray.
- Roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove **lamb** from oven and top with **garlic stir-fry sauce**. Cover with foil and set aside to rest for **10 minutes**.

TIP: The lamb will keep cooking as it rests!



Serve up

- Slice lamb rump.
- Divide creamy slaw and Sichuan-style glazed lamb rump between plates. Spoon over any resting juices.
- Garnish with **crispy shallots** to serve. Enjoy

We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



CUSTOM OPTIONS



DOUBLE LAMB RUMP

Follow method above, cooking in batches if necessary.



SWAP TO BEEF RUMP

In a large frying pan, cook with a drizzle of olive oil, turning, for 4-6 minutes for medium. Transfer to a plate to rest. Slice before serving.

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

