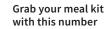


Seared Lamb Backstrap & Rosemary Butter with Sweet Potato Wedges & Fetta-Root Veggie Salad

GOURMET PLUS









Sweet Potato





Carrot



Baby Spinach





Lamb Backstrap



Fetta Cubes



Prep in: 25-35 mins Ready in: 30-40 mins

Calorie Smart



There's a lot to love in this lamb dish - from the rich, premium cut of lamb to the warm and hearty salad that boasts the perfect balance of sweet, savoury and earthy flavours. Add a nutty depth of flavour with the fresh rosemary-infused brown butter and bring everything together with a scattering of creamy fetta.



Olive Oil, Butter, 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
brown onion	1	2
carrot	1	2
turnip	1	2
garlic	2 cloves	4 cloves
baby spinach leaves	1 medium packet	1 large packet
rosemary	2 sticks	4 sticks
lamb backstrap	1 medium packet	2 medium packets OR 1 large packet
butter*	30g	60g
white wine vinegar*	drizzle	drizzle
fetta cubes	1 medium packet	1 large packet
*Pantry Items		

Nutrition

Per Serving	Per 100g
2478kJ (592cal)	221kJ (53cal)
41.2g	3.7g
31.8g	2.8g
15.6g	1.4g
40.9g	3.7g
23g	2.1g
451mg	40.3mg
13.3g	1.2g
	2478kJ (592cal) 41.2g 31.8g 15.6g 40.9g 23g 451mg

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.

Fancu a drop?

We recommend pairing this meal with Cabernet Sauvignon or Merlot



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- · Cut sweet potato into thin wedges.
- Slice brown onion into thick wedges.
- Thickly slice **carrot** into rounds.
- Cut turnip into bite-sized chunks.
- Place **sweet potato** on a lined oven tray.
- Place remaining veggies on a second lined oven tray. Drizzle both trays with olive oil, then season with salt and toss to coat.
- Roast until tender, 20-25 minutes.



Get prepped

- Meanwhile, finely chop garlic.
- · Roughly chop baby spinach leaves.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook baby spinach and half the garlic, stirring, until softened and fragrant, 1-2 minutes.
- Season with salt and pepper to taste. Transfer to a large bowl and cover to keep warm.
- Pick and finely chop **rosemary**. Set aside.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.



Cook the lamb

- When the roast veggies have 10 minutes remaining, season lamb backstrap on both sides.
- Return frying pan to medium-high heat with a drizzle of olive oil.
- Cook lamb, turning occasionally, for 8-10 minutes for medium or until cooked to your liking.
- Transfer to a plate to rest for **5 minutes**.



Brown the butter

- · Return frying pan to medium heat.
- Add the butter, rosemary and remaining garlic.
 Cook, stirring, until beginning to brown,
 2-3 minutes.
- Season to taste, then remove from heat.



Bring it all together

- Add roasted turnip, carrot and onion and a drizzle of white wine vinegar to the bowl with the baby spinach.
- · Season, then gently toss to combine.



Serve up

- Slice seared lamb backstrap.
- Divide lamb, sweet potato wedges and root veggies between plates.
- Spoon rosemary brown butter and any lamb resting juices over the lamb.
- Crumble **fetta cubes** over veggie salad to serve. Enjoy!

