

# Glazed Roast 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
<b>olive oil*</b>	refer to method	refer to method
lamb rump	1 medium packet	1 large packet
garlic stir-fry sauce	1 packet	2 packets
apple	1	2
garlic	1 clove	2 cloves
mayonnaise	1 medium packet	2 medium packets
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
shredded cabbage mix	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
crispy shallots	1 medium sachet OR ½ large sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2060kJ (492cal)	257kJ (61cal)
Protein (g)	44g	5.5g
Fat, total (g)	30.1g	3.8g
- saturated (g)	5.7g	0.7g
Carbohydrate (g)	19.2g	2.4g
- sugars (g)	13.3g	1.7g
Sodium (mg)	821mg	102.4mg
Dietary Fibre (g)	5.5g	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](https://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

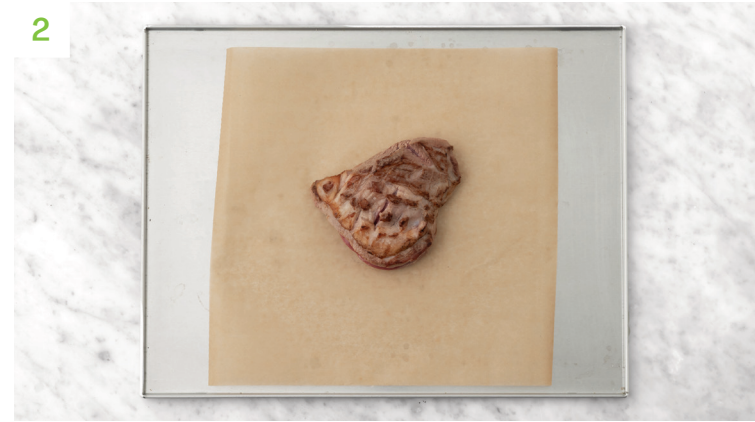
- Preheat oven to **220°C/200°C fan-forced**.
- Lightly score **lamb rump** fat in a 1cm criss-cross pattern. Season **lamb rump** all over and place, fat-side down, in a large frying pan.
- Place pan over medium heat and cook undisturbed until golden, **10-12 minutes**.
- Increase heat to high and sear **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**. 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.
- Add **mayonnaise** and a drizzle of the **vinegar** to the bowl with the garlic oil. Mix to combine.
- Add **shredded cabbage mix**, **apple** and **baby spinach leaves**, toss 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 glazed roast lamb rump.
- Divide creamy slaw and glazed roast 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 | CW38



### 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.

