

# Lamb Backstrap & Fetta-Root Veggie Salad

with Gourmet Garden Basil Butter

GOURMET PLUS

Grab your meal kit with this number

28



Sweet Potato



Brown Onion



Carrot



Turnip



Garlic



Baby Spinach Leaves



Lamb Backstrap



Lightly Dried Basil



Fetta Cubes

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

 Protein Rich

 Calorie Smart

Gourmet Garden's Aussie grown basil is lightly dried for a fresher flavour and lasts four weeks once opened. Tonight, enjoy this stellar ingredient in the basil-infused brown butter - perfect for topping this rich, premium lamb backstrap.

### Pantry items

Olive Oil, Butter, White Wine Vinegar

## Before you start

Wash hands and fresh veggies.

## You will need

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
lamb backstrap	1 medium packet	2 medium packets OR 1 large packet
<b>butter*</b>	30g	60g
lightly dried basil	½ packet	1 packet
<b>white wine vinegar*</b>	drizzle	drizzle
fetta cubes	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2471kJ (591cal)	222kJ (53cal)
Protein (g)	41.2g	3.7g
Fat, total (g)	31.6g	2.8g
- saturated (g)	15.6g	1.4g
Carbohydrate (g)	40.9g	3.7g
- sugars (g)	23g	2.1g
Sodium (mg)	450mg	40.4mg
Dietary Fibre (g)	13g	1.2g

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.

## Fancy a drop?

We recommend pairing this meal with Pinot Noir or Cabernet Sauvignon.

In collaboration with



Grown on farms across Australia, this lightly dried basil adds extra flavour and depth to every meal.

## We're here to help!

Scan here if you have any questions or concerns



2024 | CW41



## 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**.



## Brown the butter

- Return frying pan to medium heat.
- Add the **butter**, **Gourmet Garden lightly dried basil** (see ingredients) and remaining **garlic**. Cook, stirring, until beginning to brown, **2-3 minutes**.
- Season to taste, then remove from heat.



## 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.



## Bring it all together

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



## 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**.



## Serve up

- Slice seared lamb backstrap.
- Divide lamb, roasted sweet potato and baby spinach salad between plates.
- Spoon basil brown butter and any lamb resting juices over the lamb.
- Crumble **fetta cubes** over baby spinach salad to serve. Enjoy!

## Rate your recipe

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