

HELLOHERO



25 Grab your meal kit with this number





Chermoula Spice

Lamb Rump





Beetroot

Potato







Garlic









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

**Carb Smart** 



## 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 December	4 December
	2 People	4 People
olive oil*	refer to method	refer to method
chermoula spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
lamb rump	1 medium packet	1 large packet
beetroot	1	2
potato	1	2
silverbeet	1 medium packet	2 medium packets
cauliflower	1 medium portion	1 large portion
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle

<sup>\*</sup>Pantry Items

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1733kJ (414cal)	149kJ (35cal)
Protein (g)	48g	4.1g
Fat, total (g)	10.4g	0.9g
- saturated (g)	3.7g	0.3g
Carbohydrate (g)	30.6g	2.6g
- sugars (g)	19.2g	1.6g
Sodium (mg)	793mg	68mg
Dietary Fibre (g)	9.4g	0.8g

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.
- In a small bowl, combine chermoula spice blend, the honey and a generous drizzle of olive oil. Season to taste with salt and pepper.
- 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 rump** on all sides for **30 seconds**.

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



# Make the garlic yoghurt

- While lamb is resting, finely chop garlic.
- Wipe out frying pan and return to medium-high heat with a drizzle of olive oil.
- Cook garlic until fragrant, 1 minute. Transfer garlic oil to a small bowl, then
  add Greek style yoghurt and stir to combine. Season to taste.



# Roast the veggies and lamb

- While the lamb is cooking, cut beetroot into 1cm chunks. Cut potato into bite-sized chunks. Roughly chop silverbeet. Cut cauliflower into small florets.
- Place veggies on a lined oven tray. Drizzle with olive oil and season with salt. Toss to coat. Roast until tender, 25-30 minutes.
- Meanwhile, transfer lamb, fat-side up, to a second lined oven tray. Brush
  chermoula oil over lamb. Roast for 15-20 minutes for medium or until
  cooked to your liking. Remove from oven and rest for 10 minutes.

TIP: The lamb will keep cooking as it rests!



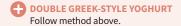
## Serve up

- When veggies are done, add silverbeet and a drizzle of vinegar to the tray.
   Toss to combine. Season to taste.
- Slice lamb. Divide roast veggie toss between bowls.
- Top with chermoula-spiced honey lamb.
- Pour over any resting juices. Spoon over garlic yoghurt to serve. Enjoy!









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

