

# Chermoula-Spiced Honey Lamb

with Roast Veggie Toss & Garlic Yoghurt

HELLOHERO

Grab your meal kit with this number

25



Chermoula Spice Blend



Lamb Rump



Beetroot



Potato



Silverbeet



Cauliflower



Garlic



Greek-Style Yoghurt



Lamb Rump



Greek-Style Yoghurt

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

Protein Rich

Carb Smart

Our lamb rump is taken to the next level when rubbed with our chermoula spice and honey concoction. With a bountiful roast veggie toss, you can indulge in this meal whilst knowing that it is light on the carbs.

### Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

## 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
<b>olive oil*</b>	refer to method	refer to method
chermoula spice blend	1 medium sachet	1 large sachet
<b>honey*</b>	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
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle

\*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](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**.
- 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



### CUSTOM OPTIONS



#### DOUBLE LAMB RUMP

Follow method above, cooking in batches if necessary.



#### DOUBLE GREEK-STYLE YOGHURT

Follow method above.

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

