

HELLOHERO



25 Grab your meal kit with this number



Garlic & Herb Spice Blend



Lamb Rump



000

Beetroot



Potato





Silverbeet



Garlic









**Calorie 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

Large frying pan · Two oven trays lined with baking paper Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic & herb spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
lamb rump	1 medium packet	2 medium packets OR 1 large packet
beetroot	1	2
potato	1	2
cauliflower	1 medium portion	1 large portion
silverbeet	1 medium packet	2 medium packets
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
vinegar* (white wine or halsamic)	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### **Top Roast Tips!**

- 1. Remove roast from packaging and set aside at room temperature 15 minutes before cooking.
- 2. Use paper towel to pat dry before seasoning.
- Check if meat is done by pressing on it gently with tongs - rare is soft, medium is springy and well-done is firm.
- **4.** Let roast rest on a plate for 10 minutes before slicing.



## Sear the lamb

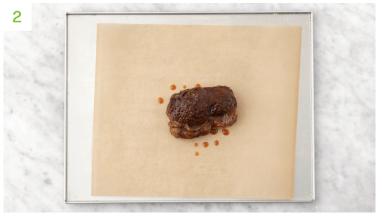
- See 'Top Roast Tips!' (below left). Preheat oven to 220°C/200°C fan-forced.
- In a small bowl, combine garlic & herb spice blend, the honey and a generous drizzle of olive oil. Season with salt and pepper. Set aside.
- Lightly score lamb rump fat in a 1cm criss-cross pattern. Season lamb all over and 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. Cut cauliflower into small florets. Roughly chop silverbeet.
- Place beetroot, potato and cauliflower on a lined oven tray. Drizzle
  with olive oil and season with salt. Toss to coat. Roast until tender,
  25-30 minutes.
- In the last 5 minutes, add silverbeet to the tray and toss to combine.
- Meanwhile, transfer lamb, fat-side up, to a second lined oven tray. Brush herby honey 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 meat will keep cooking as it rests!



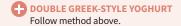
## Serve up

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





DOUBLE LAMB RUMP Follow method above, cooking in batches if necessary.



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

