

# Herby Honey Lamb

with Roast Veggie Toss & Garlic Yoghurt

HELLOHERO

Grab your meal kit with this number

25



Garlic & Herb Spice Blend



Lamb Rump



Beetroot



Potato



Cauliflower



Silverbeet



Garlic



Greek-Style Yoghurt



Lamb Rump



Greek-Style Yoghurt

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

Protein Rich

Calorie Smart

Our lamb rump is taken to the next level when rubbed with our herby 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

Large frying pan · Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic & herb spice blend	1 medium sachet	1 large sachet
<b>honey*</b>	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
<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.

## 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.
3. 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



### 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.

