

# Sticky Glazed Lamb Rump

with Veggie Fries & Tomato Salad

HELLOHERO

Grab your meal kit with this number

25



Lamb Rump



Carrot



Beetroot



Thyme



Tomato



Mixed Salad Leaves



Garlic Paste



Sweet & Savoury Glaze



Vegetable Stock Pot




Lamb Rump



Haloumi

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

 Protein Rich

 Carb Smart

It's roast lamb, but not as you know it! We're using our sweet and savoury glaze to lift succulent lamb rump to new heights. A classy side of veggie fries and a tomato salad is all that's needed to create a meal fit for a pro!

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Butter

## 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
lamb rump	1 medium packet	1 large packet
carrot	2	4
beetroot	1	2
thyme	1 packet	2 packets
tomato	1	2
mixed salad leaves	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
garlic paste	½ packet	1 packet
sweet & savoury glaze	1 medium packet	1 large packet
vegetable stock pot	½ packet	1 packet
<b>butter*</b>	10g	20g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1682kJ (402cal)	334kJ (66cal)
Protein (g)	42.7g	8.5g
Fat, total (g)	22.4g	4.5g
- saturated (g)	9.5g	1.9g
Carbohydrate (g)	25.8g	5.1g
- sugars (g)	23g	4.6g
Sodium (mg)	712mg	141.6mg
Dietary Fibre (g)	9.5g	1.9g

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.



## Cook the lamb rump

- See '**Top Roast Tips!**' (below left). Preheat oven to **220°C/200°C fan-forced**.
- Lightly score **lamb rump** fat in a 1cm criss-cross pattern. Season **lamb** all over with **salt** and **pepper**, then place, fat-side down, in a large frying pan.
- Place pan over medium heat and cook **lamb**, undisturbed, until golden, **10-12 minutes**. Increase heat to high, then sear **lamb** on all sides for **30 seconds**.
- While the lamb is cooking, cut **carrot** and **beetroot** into fries. Place **veggie fries** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, spread out evenly, then bake until tender, **25-30 minutes**.



## Make the salad

- While the lamb is roasting, pick **thyme**. Roughly chop **tomato**.
- In a medium bowl, combine **tomato**, **mixed salad leaves** and a drizzle of **olive oil** and **vinegar**. Season with **salt** and **pepper**. Set aside.
- While the lamb is resting, return frying pan to medium heat. Cook **garlic paste** and **thyme** until fragrant, **1 minute**.
- Add **sweet & savoury glaze**, **vegetable stock pot** (see ingredients), a splash of **water** and the **butter** and cook until heated through and slightly reduced, **1 minute**. Stir through any **lamb resting juices** until combined.



## Roast the lamb

- While the veggie fries are baking, transfer **lamb**, fat-side up, to a second lined oven tray. Roast for **15-20 minutes** for medium, or until cooked to your liking.
- Remove tray from oven, then cover **lamb** with foil to rest for **10 minutes**.



## Serve up

- Slice roasted lamb.
- Divide lamb, veggie fries and tomato salad between plates.
- Spoon sticky glaze over lamb to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



## CUSTOM OPTIONS

### + DOUBLE LAMB RUMP

Follow method above, cooking in batches if necessary.

### + ADD HALOUMI

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

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

