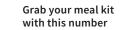


Sticky Glazed Lamb Rump with Veggie Fries & Tomato Salad

HELLOHERO









Carrot





Thyme

Beetroot







Tomato

Mixed Salad







Garlic Paste

Sweet & Savoury Glaze



Vegetable Stock









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

Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	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
vinegar* (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 medium packet	1 medium packet
butter*	10g	20g
*Pantry Items		

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Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1673kJ (399Cal)	333kJ (79Cal)
Protein (g)	42.5g	8.4g
Fat, total (g)	23.5g	4.7g
- saturated (g)	10g	2g
Carbohydrate (g)	25.8g	5.1g
- sugars (g)	23g	4.6g
Sodium (mg)	713mg	142mg
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 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 welldone is firm.
- **4.** Let roast rest on a plate for 10 minutes before slicing.



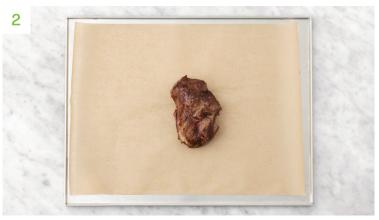
Cook the lamb rump

- See 'Top Roast Tips!' (below left). Preheat oven to 220°C/200°C fan-forced.
- Lightly score fat of **lamb rump** 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, a drizzle of olive oil and the vinegar. Season with salt and pepper. Set aside.
- While the lamb is resting, return frying pan to medium heat. Cook garlic paste (see ingredients) 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 and 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!





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



if necessary.

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

