HELLO FRESH

Lamb Rump & Mumbai Coconut Sauce
with Roasted Root Veggie Toss

HELLOHERO

Lamb Rump

Beetroot

Brown Onion

Carrot

Sweet Potato

Garlic

Mumbai Spice Blend

Coconut Milk

Baby Spinach Leaves

Lamb Rump

Salmon

Prep in: 15-25 mins
Ready in: 35-45 mins

🍏 **Protein Rich**

🍏 **Carb Smart**

It's roast lamb, but not as you know it! We're using our mild, yet flavourful Mumbai spice blend to lift succulent lamb rump to new heights. With a generous helping of roasted veggies, it's all you need to create a meal fit for royalty!

Pantry items

Olive Oil, Brown Sugar, White Wine Vinegar

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
beetroot	1	2
brown onion	1	2
carrot	1	2
sweet potato	1	2
garlic	1 clove	2 cloves
Mumbai spice blend	1 medium sachet	1 large sachet
coconut milk	1 packet	2 packets
*brown sugar**	½ tsp	1 tsp
baby spinach leaves	1 medium packet	1 large packet
*white wine vinegar**	drizzle	drizzle

***Pantry Items**

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2611kJ (624cal)	400kJ (61cal)
Protein (g)	44.4g	6.8g
Fat, total (g)	34.9g	5.4g
- saturated (g)	23.7g	3.6g
Carbohydrate (g)	36.9g	5.7g
- sugars (g)	25.8g	4g
Sodium (mg)	782mg	119.9mg
Dietary Fibre (g)	13.8g	2.1g

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 well-done is firm.
4. Let roast rest on a plate for 10 minutes before slicing.

We're here to help!
Scan here if you have any questions or concerns
2025 | CW04

1

Sear the lamb

- *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 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** on all sides for **30 seconds**.
- While lamb is cooking, cut **beetroot** and **brown onion** into thin wedges.
- Cut **carrot** and **sweet potato** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season. Toss to coat. Roast until tender, **25-30 minutes**.

2

Roast the lamb

- Meanwhile, 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 from oven and rest for **10 minutes**.

TIP: *The meat will keep cooking as it rests!*

3
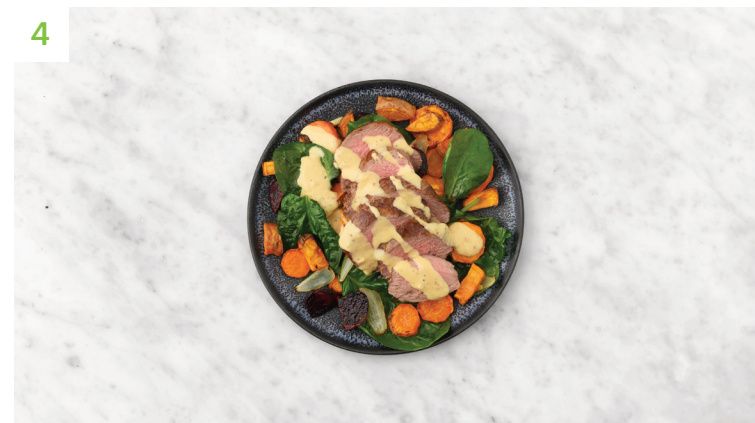

Make the Mumbai coconut sauce

- While lamb is resting, finely chop **garlic**.
- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **Mumbai spice blend** and **garlic**, stirring until fragrant, **1 minute**.
- Stir in **coconut milk**, the **brown sugar** and any **lamb resting juices** and simmer until thickened, **1-2 minutes**. Season with **salt** and **pepper**.

4

Finish & serve

- Once roasted veggies are done, add **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray. Toss to combine. Season to taste.
- Slice lamb.
- Divide roasted root veggie toss between plates. Top with lamb rump.
- Spoon over Mumbai coconut sauce to serve. Enjoy!

CUSTOM OPTIONS

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

SWAP TO SALMON
In a large frying pan, cook until just cooked through, 2-4 minutes each side.

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