

Roast Lamb & Couscous Salad

with Fetta, Yoghurt & Almonds

NEW

Grab your meal kit with this number

25



Lamb Rump



Carrot



Tomato



Tomato & Herb Seasoning



Couscous



Vegetable Stock Pot



Baby Spinach Leaves



Greek-Style Yoghurt



Fetta Cubes



Flaked Almonds



Lamb Rump



Fetta Cubes

Prep in: 15-25 mins
Ready in: 45-55 mins

Protein Rich

Carb Smart

A roast lamb rump dinner is getting a makeover with a Greek-style yoghurt and crumbled fetta drizzle. The veggies are putting on a show with a sprinkle of flavourful seasoning and don't worry, the couscous isn't being left behind, not when it's accessorised with baby spinach and flaked almonds.

Pantry items

Olive Oil, 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
olive oil*	refer to method	refer to method
lamb rump	1 medium packet	1 large packet
carrot	1	2
tomato	1	2
tomato & herb seasoning	1 sachet	2 sachets
couscous	1 medium packet	1 large packet
vegetable stock pot	1 small packet	1 medium packet
boiling water*	¾ cup	1½ cups
baby spinach leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2527kJ (604cal)	609kJ (147cal)
Protein (g)	50.2g	12.1g
Fat, total (g)	27.2g	6.6g
- saturated (g)	12g	2.9g
Carbohydrate (g)	39.9g	9.6g
- sugars (g)	10.2g	2.5g
Sodium (mg)	1163mg	280.2mg
Dietary Fibre (g)	11.3g	2.7g

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.

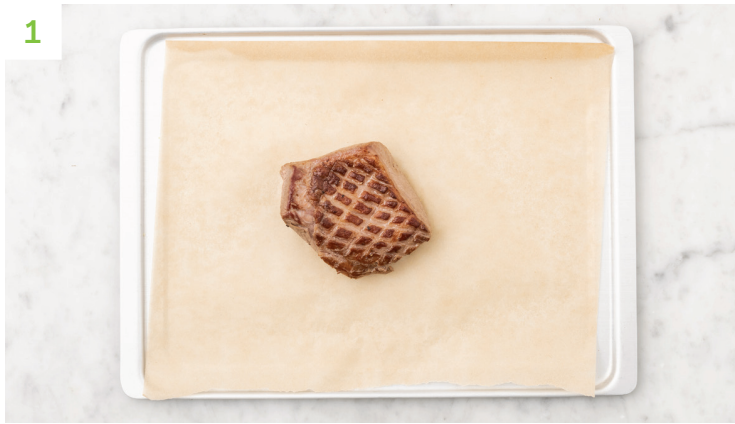
We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



1



Roast 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 rump** on all sides for **30 seconds**. Transfer, fat-side up, to a 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: Starting the lamb in a cold pan helps the fat melt without burning.

TIP: The meat will keep cooking as it rests!

3



Start the couscous

- While the lamb is resting, boil the kettle.
- To a large bowl, add **couscous** and **vegetable stock pot**.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork.

CUSTOM OPTIONS

+ DOUBLE LAMB RUMP
Follow method above.

+ DOUBLE FETTA CUBES
Follow method above.

2



Roast the veggies

- While the lamb is searing, thinly slice **carrot** into half-moons.
- Slice **tomato** into wedges.
- Place **carrot** and **tomato** on a second lined oven tray.
- Drizzle with **olive oil**, sprinkle with **tomato & herb seasoning** and a pinch of **salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**.

4



Finish & serve

- To the couscous, add **baby spinach leaves**, roast veggies and a drizzle of **vinegar**. Season to taste.
- Slice lamb. Divide couscous salad between bowls. Top with roast lamb and **Greek-style yoghurt**.
- Crumble over **fetta cubes** and sprinkle with **flaked almonds** to serve. Enjoy!

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

