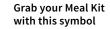
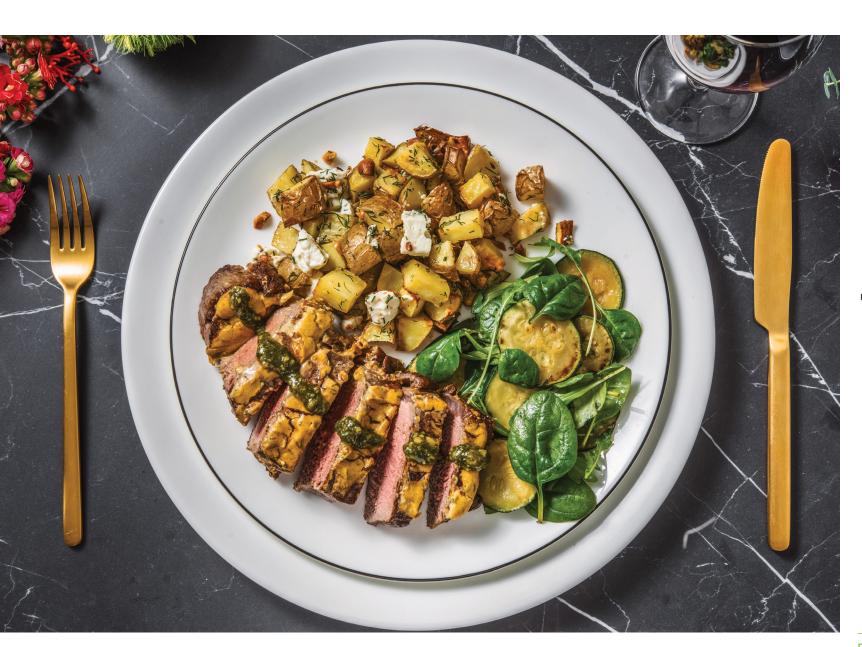
Dijon & Herb Crusted Lamb with Dill-Fetta Potatoes & Sautéed Zucchini Salad











Lamb Rump









Roasted Almonds





Spinach & Rocket Mix

Fetta Cheese

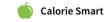


Basil Pesto

Pantry items Olive Oil

Hands-on: 25-35 mins Ready in: 45-55 mins Naturally gluten-free

Not suitable for Coeliacs



Roast a tender and succulent lamb rump that's just right for a gourmet-style dinner. With all the flavour of traditional roast lamb, plus herby potatoes and sautéed greens, it's sure to have you feeling satisfied with every delicious mouthful.

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

ingi calcino				
	2 People	4 People		
olive oil*	refer to method	refer to method		
lamb rump	1 packet	2 packets		
potato	2	4		
rosemary	1 bunch	1 bunch		
Dijon mustard	1 tub (15g)	2 tubs (30g)		
zucchini	1	2		
dill	1 bunch	1 bunch		
roasted almonds	1 packet	2 packets		
garlic	2 cloves	4 cloves		
spinach & rocket mix	1 bag (30g)	1 bag (60g)		
fetta cheese	1 block (25g)	1 block (50g)		
basil pesto	1 sachet (50g)	1 sachet (100g)		

[★]Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2328kJ (556Cal)	382kJ (91Cal)
Protein (g)	56.2g	9.2g
Fat, total (g)	21.5g	3.5g
- saturated (g)	5.7g	0.9g
Carbohydrate (g)	30.2g	5g
- sugars (g)	4.5g	0.7g
Sodium (mg)	400mg	66mg

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.



Prep the lamb

Preheat the oven to 240°C/220°C fan-forced. Lightly score the lamb fat in a 1cm criss-cross pattern. Season the lamb rump all over with salt and pepper and place, fat-side down, in a large frying pan. Place the pan over a medium heat and cook undisturbed until golden, 10-12 minutes. Increase the heat to high and sear the lamb rump on all sides for 30 seconds. Transfer, fat-side up, to an oven tray lined with baking paper.

TIP: Starting the lamb in a cold pan helps the fat melt without burning.



Roast the potato

While the lamb is in the pan, cut the **potato** (unpeeled) into 2cm chunks. Place on a second oven tray lined with baking paper. Add a drizzle of **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, **20-25 minutes**. Pick and finely chop the **rosemary** leaves. In a small bowl, combine the **Dijon mustard**, **rosemary** and a good drizzle of **olive oil**, then season with **salt** and **pepper**.



Roast the lamb

Use the back of a spoon to spread the **Dijon herb mixture** over the **lamb**. Roast for **15-20 minutes** for medium or until cooked to your liking. Remove from the oven and cover with foil to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



Get prepped

While the lamb is in the oven, thinly slice the **zucchini**. Roughly chop the **dill**. Roughly chop the **roasted almonds**. Finely chop the **garlic**.



Cook the veggies

Wipe out the frying pan and return to a mediumhigh heat with a drizzle of **olive oil**. Cook the **zucchini**, stirring, until golden, **4-6 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl and add the **spinach & rocket mix**, then toss to combine. In a medium bowl, combine the **potato**, **dill**, **almonds** and **fetta**.



Serve up

Slice the Dijon and herb crusted lamb rump and divide between plates. Serve with the sautéed zucchini salad and dill fetta potatoes. Spoon the **basil pesto** over the lamb.

Enjoy!



Lamington-Style Chocolate Brownie with Strawberry Compote & Cream

Grab your Meal Kit with this symbol









Chocolate **Brownie Mix**

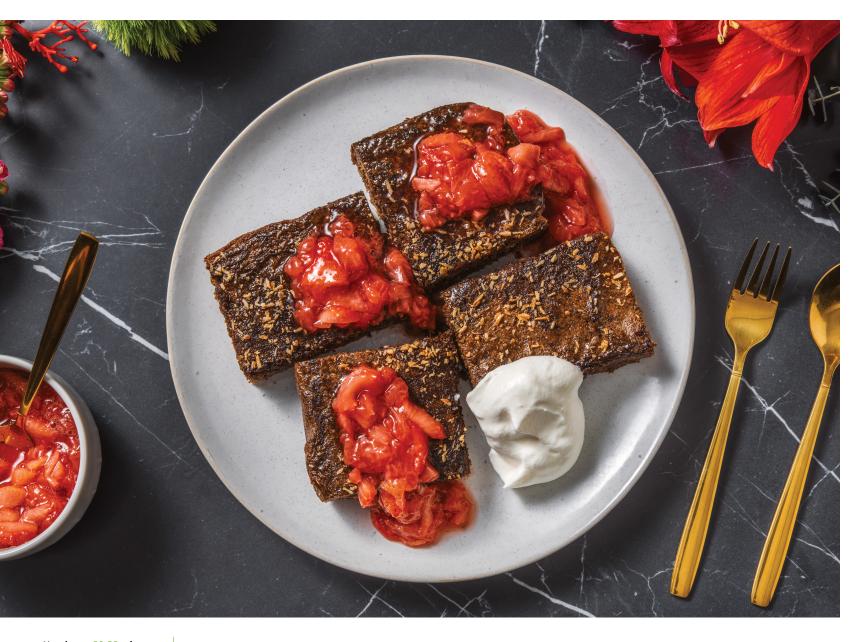
Shredded Coconut



Strawberries



Thickened Cream



Hands-on: 20-30 mins Ready in: 40-50 mins

Pantry items Butter, Eggs, Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium baking tin · Medium saucepan

Ingredients

	8-10 people
butter*	150g
eggs*	3
chocolate brownie mix	1 packet
shredded coconut	1 packet
strawberries	1 punnet
sugar*	4 tsp
water*	1 tbs
thickened cream	1 packet

[★]Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	1620kJ (387Cal)	1310kJ (313Cal)
Protein (g)	5.2g	4.2g
Fat, total (g)	24.5g	19.8g
- saturated (g)	15.6g	12.6g
Carbohydrate (g)	35.2g	28.5g
- sugars (g)	30.2g	24.4g
Sodium (mg)	156mg	126mg

^{*}Nutritional information is based on 9 servings

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.



Melt the butter

Preheat the oven to **180°C/160°C fan-forced**. Line a 20cm square baking tin with baking paper. Melt the **butter** in the microwave or in a saucepan. Set aside to cool slightly.



Make the mixture

In a large mixing bowl, whisk the **eggs**. Add the **chocolate brownie mix**, melted **butter** and a pinch of **salt**. Stir until well combined.



Bake the brownie

Pour the **brownie mixture** into the prepared baking tin and spread with the back of the wooden spoon. Sprinkle the **shredded coconut** over the top of the brownie. Bake the brownie for **25-28 minutes** or until just firm to the touch but still a little soft in the middle. Allow to cool completely in the baking tin.

TIP: To check if the brownies are done, stick a toothpick or skewer in the centre. It should come out with crumbs clinging. If you like your brownie more cakey and less fudgey, bake for an extra **5 minutes**.



Make the compote

While the brownie is baking, roughly chop the **strawberries**. Heat a medium saucepan over a medium heat. Add the **strawberries**, **sugar** and **water**. Cook, stirring to break up the strawberries, until slightly reduced, **5-8 minutes**. Transfer to a small bowl. Set aside.



Make the cream

Place the **thickened cream** into a large bowl or jug and whisk with electric beaters until soft peaks form and almost doubled in size, **3-4 minutes**.

TIP: For the perfect soft peaks, whip until the cream just clings to the whisk or beater when lifted. If you don't have an electric mixer, use a hand whisk. Chill both the bowl and beaters/whisk before using to help get the maximum volume of cream!



Serve up

Once the brownies have cooled, slice into squares and transfer to a serving plate. Top the brownie with the strawberry compote and whipped cream.

TIP: The brownies can be stored in an airtight container in fridge!

Enjoy!