

Dijon & Herb Crusted Lamb

with Dill-Fetta Potatoes & Sautéed Zucchini Salad

Grab your Meal Kit with this symbol



Lamb Rump



Potato



Rosemary



Dijon Mustard



Zucchini



Dill



Roasted Almonds



Garlic




Spinach & Rocket Mix



Fetta Cheese



Basil Pesto

 Hands-on: 25-35 mins
 Ready in: 45-55 mins
 Naturally gluten-free
Not suitable for Coeliacs

 Calorie Smart

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.

Pantry items

Olive Oil

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 · Large frying pan

Ingredients

| | 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.



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**.



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!



Cook the veggies

Wipe out the frying pan and return to a medium-high 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

Inspired by the much-loved Aussie lamington, these decadent brownies have all the flavours you know and love. A touch of strawberry compote and cream make them an absolutely indulgent treat.

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

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1 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.



2 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.



3 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 fudgy, bake for an extra **5 minutes**.



4 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.



5 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!



6 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!