



Dijon & Herb Crusted Lamb

with Dill Fetta Potatoes & Sautéed Zucchini Salad

AUTUMN SPECIAL

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Potato



Rosemary



Zucchini



Dill



Roasted Almonds



Garlic



Salad Leaves



Lamb Rump



Dijon Mustard



Fetta Cubes



Basil Pesto

Prep in: 25-35 mins
Ready in: 45-55 mins

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

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 packet	2 packets
potato	2	4
rosemary	2 sticks	4 sticks
Dijon mustard	1 tub (15g)	2 tubs (30g)
zucchini	1	2
dill	1 bag	1 bag
roasted almonds	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
salad leaves	1 small bag	1 medium bag
fetta cubes	1 medium packet	1 large packet
basil pesto	1 packet (50g)	2 packets (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2915kJ (697Cal)	544kJ (130Cal)
Protein (g)	57.3g	10.7g
Fat, total (g)	38.7g	7.2g
- saturated (g)	9.1g	1.7g
Carbohydrate (g)	27.6g	5.2g
- sugars (g)	6g	1.1g
Sodium (mg)	667mg	125mg

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.

Fancy a drop?

We recommend pairing this meal with Sangiovese or Bordeaux.



Prep the lamb

- Preheat the oven to **220°C/200°C fan-forced**. Lightly score the **lamb** fat in a 1cm criss-cross pattern.
- Season **lamb rump** all over with **salt** and **pepper** and place, fat-side down, in a large frying pan.
- Place the pan over medium heat and cook undisturbed until golden, **10-12 minutes**
- Increase the heat to high and sear **lamb rump** on all sides for **30 seconds**. Transfer, fat-side up, to a lined oven tray.

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 **zucchini**.
- Roughly chop **dill** and **roasted almonds**. Finely chop **garlic**.



Roast the potato

- While the lamb is in the pan, cut **potato** into bite-sized chunks.
- Place **potato** on a second lined oven tray. Add a drizzle of **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, **25-30 minutes**.
- Pick and finely chop **rosemary** leaves.
- In a small bowl, combine **Dijon mustard**, **rosemary** and a good drizzle of **olive oil**, then season with **salt** and **pepper**.



Cook the veggies

- Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**. Add **zucchini** and cook, tossing, until golden, **4-6 minutes**.
- Add **garlic** and cook, tossing, until fragrant, **1 minute**. Transfer to a bowl and add **salad leaves**, then toss to combine.
- In a second medium bowl, combine **potato**, **dill**, **almonds** and **fetta cubes**.



Roast the lamb

- Use the back of a spoon to spread the **Dijon herb marinade** 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!



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 **basil pesto** over the lamb to serve. Enjoy!

We're here to help!

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Deconstructed Lemon Poached Pear Cheesecake

with Spiced Oat Crumble & Pecans

AUTUMN SPECIAL

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Pear



Lemon



Classic Oat Mix



Sweet Golden Spice Blend



Pecans



Cream Cheese



Light Cooking Cream

Prep in: 20 mins
Ready in: 40 mins

These deconstructed cheesecakes pack all the flavour with no fuss! Load up your bowl with silky cheesecake filling, tender lemon poached pears, and some spiced oat crumble. Top them off with a drizzle of caramel for the ultimate finish.

Pantry items

Brown Sugar, White 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 saucepan with a lid · Oven tray lined with baking paper · Electric beaters

Ingredients

	4 Serves
pear	2
lemon	1
butter*	60g
water*	1 cup
brown sugar*	½ cup
classic oat mix	1 medium packet
sweet golden spice blend	1 medium sachet
pecans	1 medium packet
cream cheese	1 medium packet
light cooking cream	1 medium packet
white sugar*	2 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3308kJ (790Cal)	1014kJ (242Cal)
Protein (g)	12.2g	3.7g
Fat, total (g)	37.9g	11.6g
- saturated (g)	20.8g	6.4g
Carbohydrate (g)	93.1g	28.5g
- sugars (g)	56.1g	17.2g
Sodium (mg)	373mg	114mg

The quantities provided above are averages only.

*Nutritional information is based on 4 servings.

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Get prepped

- Preheat the oven to **220°C/200°C fan-forced**.
- Peel and quarter the **pears**. Zest **lemon**.
- In a small bowl, add the **butter** and microwave in **10 second** bursts or until melted.



Whisk the cream cheese

- While the crumb is cooling, to a medium bowl, place **cream cheese** and beat, using electric beaters, until smooth, **1-2 minutes**.
- Add **light cooking cream**, **lemon zest** and the **white sugar** and beat until well combined and smooth, **1-2 minutes**.



Poach the pears

- In a medium saucepan, combine the **water** and the **brown sugar**.
- Bring to a boil over medium-high heat, add **pear**, then reduce the heat to medium and cover. Simmer, turning the pear occasionally, until tender, **20-25 minutes**.



Make the caramel

- Remove the **pears** from the **poaching liquid** and return the pan to high heat. Bring the **poaching liquid** to the boil, and cook until light golden brown and reduced to a caramel, **3-5 minutes**.
- Remove from the heat and set aside to cool slightly.

TIP: Watch the caramel carefully so it doesn't burn!



Bake the spiced oat crumble

- While the pear is poaching, add **classic oat mix** and **sweet golden spice blend** to the melted **butter**. Stir to combine.
- Evenly spread **crumble** on one side of a lined oven tray. Bake until golden, **6-10 minutes**.
- When the crumble has **5 minutes** remaining, add **pecans** on the other side of the tray and spread out evenly, baking, until toasted. Set aside to cool.

TIP: Keep the crumb slightly clumped together on the tray, if it's spread too thin it can burn!



Serve up

- Divide the cream cheese mixture between bowls.
- Top with the lemon poached pears, some of the spiced oat crumble and pecans. Drizzle over the caramel. Enjoy!

TIP: Store any remaining crumble in an air-tight container.

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