



# Lamb Roast & Mint Sauce

with Lemon Pepper Potatoes & Cherry Tomato Salad

EASTER-FEAST

Grab your Meal Kit with this symbol



Lamb Rump



Aussie Spice Blend



Potato



Lemon Pepper Seasoning



Snacking Tomatoes



Salad Leaves

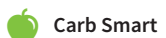


Mint Sauce



Walnuts

Prep in: 20-30 mins  
Ready in: 40-50 mins



Whip up this feast for all to enjoy this Easter and you'll have guaranteed full smiles and full bellies. Our Aussie-spiced lamb will take centre stage and paired with some delectable sides; lemon-pepper crispy potatoes and a tomato and walnut salad, you'll be on Easter lunch duty every year!

### Pantry items

Olive Oil, Butter, Vinegar (White Wine or Balsamic)

## Before you start

Wash your hands and any fresh food.

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
<b>olive oil*</b>	refer to method	refer to method
<b>lamb rump</b>	1 packet	2 packets
<b>butter*</b>	20g	40g
<b>Aussie spice blend</b>	1 medium sachet	1 large sachet
<b>potato</b>	2	4
<b>lemon pepper seasoning</b>	1 medium sachet OR ½ large sachet	2 medium sachets OR 1 large sachet
<b>snacking tomatoes</b>	1 punnet	2 punnets
<b>salad leaves</b>	1 medium bag	1 large bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
<b>mint sauce</b>	1 packet	2 packets
<b>walnuts</b>	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2617kJ (625Cal)	457kJ (109Cal)
Protein (g)	50.7g	8.9g
Fat, total (g)	29.7g	5.2g
- saturated (g)	11.1g	1.9g
Carbohydrate (g)	36.5g	6.4g
- sugars (g)	14.1g	2.5g
Sodium (mg)	953mg	167mg
Dietary Fibre (g)	7.1g	1.2g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Sear lamb

- Preheat oven to **220°C/200°C fan-forced**.
- Lightly score **lamb rump** fat in a 1cm criss-cross pattern.
- Place **lamb rump**, fat-side down, in a large frying pan then 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**.

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

2



## Make spiced butter

- Transfer **lamb**, fat-side up, to a lined oven tray.
- In a small heatproof bowl, microwave the **butter** and **Aussie spice blend** in **10 second** bursts, until melted and fragrant.
- Pour **spiced butter** over **lamb**.

3



## Roast the lamb

- Roast **lamb** for **15-20 minutes** for medium or until cooked to your liking.
- Remove from oven and cover with foil to rest for **10 minutes**.

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

4



## Roast the potatoes

- Meanwhile, cut **potato** into bite-sized chunks.
- Place on a second lined oven tray. Drizzle with **olive oil** and sprinkle over **lemon pepper seasoning** and a pinch of **salt**. Toss to coat.
- Roast until tender, **25-30 minutes**.

5



## Toss the salad

- While the lamb is resting, halve **snacking tomatoes**.
- In a large bowl, combine **snacking tomatoes**, **salad leaves** and a drizzle of the **vinegar** and **olive oil**. Season.

6



## Serve up

- Slice lamb.
- Bring everything to the table.
- Serve lamb with lemon pepper potatoes, tomato salad and **mint sauce**.
- Pour resting juices over lamb. Top salad with **walnuts**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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