

# Lamb Rump & Dukkah Roast Veggies

with Jewelled Pearl Couscous & Yoghurt Dressing



Lamb Rump



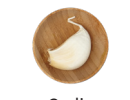
Cauliflower



Baby Carrots



Sweet Potato



Garlic



Dukkah



Pearl Couscous



Currants



Vegetable Stock Powder



Lemon



Greek-Style Yoghurt



Baby Spinach Leaves



Flaked Almonds



Mint

Hands-on: 35-45 mins  
Ready in: 45-55 mins

Succulent lamb coupled with roasted baby carrots, pearl couscous and veggies, sit pretty together in this classic gourmet-style dinner. For the perfect finishing touch, we've added a delectable yoghurt dressing - never has a combination been so right!

### 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
cauliflower	1 medium portion	1 large portion
baby carrots	1 bag	2 bags
sweet potato	1	2
garlic	2 cloves	4 cloves
dukkah	1 medium sachet	1 large sachet
pearl couscous	1 packet	2 packets
water* (for the couscous)	1 ¼ cups	2 ½ cups
currants	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
water* (for the sauce)	2 tbs	¼ cup
baby spinach leaves	1 small bag	1 medium bag
flaked almonds	1 medium packet	1 large packet
mint	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3117kJ (744Cal)	476kJ (113Cal)
Protein (g)	61.1g	9.3g
Fat, total (g)	26.2g	4g
- saturated (g)	6.3g	1g
Carbohydrate (g)	64.1g	9.8g
- sugars (g)	19.5g	3g
Sodium (mg)	892mg	136mg

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.

## Fancy a drop?

We recommend pairing this meal with Cabernet Sauvignon or Pinot Noir.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Roast the lamb

Preheat the oven to **220°C/200°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 a oven tray lined with baking paper. 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:** Starting the lamb in a cold pan helps the fat melt without burning.



## Make the yoghurt dressing

Zest the **lemon** to get a generous pinch, then cut into wedges. Squeeze the roasted **garlic** from the skin, then mash with a fork. In a small bowl, combine the **Greek-style yoghurt**, the **water (for the sauce)**, **lemon zest** and mashed **garlic**. Season to taste.



## Roast the veggies

While the lamb is cooking, cut the **cauliflower** into small florets. Trim the green tops from the **baby carrots** and slice any larger ones in half, lengthways. Cut the **sweet potato** into small chunks. Place the **veggies** and **whole garlic cloves** on a second lined oven tray. Sprinkle with the **dukkah**, drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.



## Bring it all together

Roughly chop the **baby spinach leaves**. Add the **flaked almonds**, **spinach** and a generous squeeze of **lemon juice** to the **couscous**. Toss to combine and season to taste.



## Cook the pearl couscous

While the lamb and veggies are roasting, wipe out the frying pan and return to a medium-high heat. Add a generous drizzle of **olive oil**. Once hot, add the **pearl couscous** and toast, stirring occasionally, until golden, **2 minutes**. Add the **water (for the couscous)**, **currants** and **vegetable stock powder**. Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water has absorbed, **10-12 minutes**.



## Serve up

Slice the lamb. Divide the jewelled pearl couscous between plates. Top with the lamb rump and dukkah roast veggies. Drizzle with the yoghurt dressing. Tear over the **mint** to serve.

## Enjoy!

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