



Rosemary & Caramelised Onion Lamb Rump

with Roast Veggies, Green Beans & Fetta-Almond Sprinkle

GOURMET

Grab your Meal Kit with this symbol



Lamb Rump



Potato



Dutch Carrots



Garlic



Rosemary



Onion Chutney



Green Beans

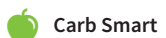


Fetta



Slivered Almonds

Prep in: 20-30 mins
Ready in: 35-45 mins



Gorgeous, tender lamb rump, oozing with a caramelised onion and rosemary marinade, is a total standout in today's gourmet feast. With a side of crispy potato wedges, bright veggies, fetta and almonds, dinnertime has now been made ten times better.

Pantry items

Olive Oil, Balsamic Vinegar

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

Medium 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
Dutch carrots	1 bag	2 bags
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
onion chutney	1 packet (40g)	2 packets (80g)
balsamic vinegar*	1 tbs	2 tbs
green beans	1 small bag	1 medium bag
fetta	1 medium packet	1 large packet
slivered almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2679kJ (640Cal)	458kJ (109Cal)
Protein (g)	54.2g	9.3g
Fat, total (g)	29.7g	5.1g
- saturated (g)	8.4g	1.4g
Carbohydrate (g)	37.9g	6.5g
- sugars (g)	17.3g	3g
Sodium (mg)	456mg	78mg
Dietary Fibre (g)	12.2g	2.1g

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 Pinot Nior or Bordeaux Blend



Sear the lamb

- Preheat the oven to **220°C/200°C fan-forced**. Lightly score the **lamb rump** fat in a 1cm criss-cross pattern. Season all over with **salt** and **pepper**, then place, fat-side down, in a medium 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. Set aside.

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



Roast the lamb

- Spoon the **caramelised onion 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!



Roast the veggies

- While the lamb is cooking in the frying pan, cut **potato** into wedges. Trim the green tops from the **Dutch carrots** and scrub them clean.
- Place **potato** and **Dutch carrots** on a second lined oven tray. Drizzle generously with **olive oil**, then season. Toss to coat, then roast on the top oven rack until golden and cooked through, **25-30 minutes**.



Cook the green beans

- While the lamb is resting, trim **green beans**.
- Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **green beans**, tossing, until just tender, **4-5 minutes**. Season to taste.



Make the caramelised onion

- Finely chop **garlic**. Pick **rosemary** leaves and finely chop.
- In a small bowl, combine **garlic**, **rosemary**, **onion chutney**, **balsamic vinegar** and a drizzle of **olive oil**.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily!



Serve up

- Slice the rosemary roast lamb.
- Divide the lamb, roast veggies and green beans between plates, spooning over any caramelised onion mixture from the tray.
- Crumble over **fetta**. Garnish with the **slivered almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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