










Seared Lamb Backstrap & Rosemary Brown Butter

with Roast Pumpkin, Kale & Fetta Salad

Grab your Meal Kit with this symbol



-  Butternut Pumpkin
-  Red Onion
-  Carrot
-  Turnip
-  Garlic
-  Kale
-  Rosemary
-  Lamb Backstrap
-  Fetta Cubes

Prep in: **25-35 mins**
 Ready in: **30-40 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

 Calorie Smart

There's a lot to love in this lamb dish - from the rich, premium cut of meat to the warm and hearty salad that boasts the perfect balance of sweet, savoury and earthy flavours. Add a nutty depth of flavour with the fresh rosemary-infused brown butter, and bring everything together with a scattering of creamy fetta.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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
butternut pumpkin	1 medium	1 large
red onion	1	2
carrot	1	2
turnip	1	2
garlic	2 cloves	4 cloves
kale	1 medium bag	1 large bag
rosemary	1 stick	2 sticks
lamb backstrap	1 packet (300g)	1 packet (600g)
butter*	30g	60g
white wine vinegar*	drizzle	drizzle
fetta cubes	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2411kJ (576Cal)	308kJ (74Cal)
Protein (g)	42.3g	5.4g
Fat, total (g)	31.1g	4g
- saturated (g)	15g	1.9g
Carbohydrate (g)	43.2g	5.5g
- sugars (g)	24.2g	3.1g
Sodium (mg)	483mg	62mg

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 a Bordeaux or Chianti.



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **butternut pumpkin** into thin wedges. Slice **red onion** into thick wedges. Thickly slice **carrot** into rounds. Cut **turnip** into bite-sized chunks.
- Place **pumpkin** on a lined oven tray. Place remaining **veggies** on a second lined oven tray. Drizzle both trays with **olive oil**, then season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: Peel the pumpkin if you prefer!



Brown the butter

- Return frying pan to medium heat.
- Add the **butter**, **rosemary** and remaining **garlic**. Cook, stirring, until beginning to brown, **2-3 minutes**.
- Season to taste, then remove from heat.



Get prepped & cook the kale

- Meanwhile, finely chop **garlic**. Thinly slice **kale**, discarding any larger pieces of stalk.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **kale** and 1/2 the **garlic** until softened and fragrant, **1-2 minutes**.
- Season with **salt** and **pepper** to taste. Transfer to a bowl and cover to keep warm.
- Pick and finely chop **rosemary** leaves. Set aside.

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



Bring it all together

- To the roast **pumpkin** tray, add roast **veggies**, the cooked **kale** and a drizzle of **white wine vinegar**.
- Season, then gently toss to combine.



Cook the lamb

- When the roast veggies have **10 minutes** remaining, season **lamb backstrap** on both sides.
- Return frying pan to high heat with a drizzle of **olive oil**.
- Cook **lamb** for **3-4 minutes** each side for medium or until cooked to your liking.
- Transfer to a plate to rest for **5 minutes**.



Serve up

- Slice the seared lamb backstrap. Divide lamb and roast pumpkin and kale salad between plates.
- Spoon rosemary brown butter and any lamb resting juices over the lamb.
- Crumble **fetta cubes** over salad to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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