



Chermoula Roast Lamb & Balsamic Sauce

with Garlic Veggie Crush & Radish Slaw

Grab your Meal Kit with this symbol



Lamb Rump



Chermoula Spice Blend



Potato



Carrot



Radish



Garlic



Shredded Cabbage Mix



Lamb Rump

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



Carb Smart*

*Custom Recipe is not Carb Smart

You might need a pair of sunglasses for this meal because it's blinding, especially with garlic, potato and carrot combined into a sunset veggie crush. What goes better with veggies than a lamb roast of course, and this one is succulent, tender and drizzled in a balsamic sauce for a dark tone. Trust us, it tastes just as good as it looks.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar, Butter, White Wine 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

Large frying pan · Medium saucepan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 packet	1 packet
chermoula spice blend	1 sachet	1 sachet
potato	1	2
carrot	2	4
radish	1	2
garlic	2 cloves	4 cloves
brown sugar*	1 tsp	2 tsp
balsamic vinegar*	1½ tbs	3 tbs
butter*	15g	30g
shredded cabbage mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
lamb rump**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2696kJ (644Cal)	496kJ (119Cal)
Protein (g)	36.9g	6.8g
Fat, total (g)	31.2g	5.7g
- saturated (g)	17.7g	3.3g
Carbohydrate (g)	33.5g	6.2g
- sugars (g)	15.9g	2.9g
Sodium (mg)	689mg	127mg
Dietary Fibre (g)	10.1g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4481kJ (1071Cal)	624kJ (149Cal)
Protein (g)	68.1g	9.5g
Fat, total (g)	56.3g	7.8g
- saturated (g)	32g	4.5g
Carbohydrate (g)	33.5g	4.7g
- sugars (g)	15.9g	2.2g
Sodium (mg)	808mg	113mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



2023 | CW30



Sear the lamb

- Preheat oven to **220°C/200°C fan-forced**.
- Lightly score **lamb rump** fat in a criss-cross pattern.
- Place **lamb**, fat-side down, in a large frying pan (no need for oil). Place pan over medium heat and cook **lamb**, undisturbed, until golden, **10-12 minutes**.
- Meanwhile, combine **chermoula spice blend** with a drizzle of **olive oil** in small bowl. Season with **salt** and **pepper**.
- Increase heat to high, then sear **lamb** on all sides for **30 seconds**.

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

Custom Recipe: If you've doubled your lamb rump, cook in batches for best results.



Make the veggie crush

- While the lamb is roasting, cook **potato** and **carrot** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**. Drain the **veggies** and set aside.
- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**.
- Remove from heat, then return **veggies** to the pan, season generously with **salt** and toss to coat. Lightly crush with a fork, then cover to keep warm.



Get prepped

- While the lamb is cooking, bring a medium saucepan of salted water to the boil.
- Cut **potato** and **carrot** into large chunks. Thinly slice **radish**. Finely chop **garlic**.



Make the sauce

- While lamb is resting, wipe out the frying pan and return to medium heat. Cook the **brown sugar**, **balsamic vinegar** and a splash of **water**, until slightly reduced, **1-2 minutes**.
- Remove from heat, then stir through the **butter** and any **lamb resting juices**. Season to taste.



Roast the lamb

- Transfer **lamb**, fat-side up, to a lined oven tray. Use the back of a spoon to spread **spice mixture** over the **lamb**.
- Roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove **lamb** from the oven, then cover with foil and set aside to rest for **10 minutes**.

TIP: The lamb will keep cooking as it rests!



Serve up

- In a medium bowl, combine radish, **shredded cabbage mix** and a drizzle of **white wine vinegar** and olive oil. Season and toss to combine.
- Slice chermoula roasted lamb.
- Divide veggie crush, lamb and radish slaw between plates.
- Spoon balsamic sauce over lamb to serve. Enjoy!

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