



Lamb Rump & Red Wine Gravy

with Braised Baby Carrots & Roast Potatoes

FATHER'S DAY SPECIAL

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Baby Rainbow Carrots



Parsnip



Lamb Rump



Red Wine Jus



Gravy Granules



Roasted Almonds



Parsley

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

Every lamb rump needs a gravy and this one is extra special with a red wine jus for a richer flavour. The carrots are getting the special treatment too by braising them for that burst of deliciousness every five-star dinner needs.

Pantry items

Olive Oil, Butter

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 · Oven tray lined with baking paper · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
baby rainbow carrots	1 bag (280g)	2 bags (560g)
parsnip	1	2
lamb rump	1 packet	1 packet
water* (for the veggies)	¼ cup	½ cup
butter* (for the veggies)	20g	40g
red wine jus	1 medium packet	1 large packet
butter* (for the sauce)	20g	40g
gravy granules	1 sachet	2 sachets
boiling water*	½ cup	1 cup
roasted almonds	1 packet	2 packets
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3832kJ (916Cal)	585kJ (140Cal)
Protein (g)	39.2g	6g
Fat, total (g)	51.1g	7.8g
- saturated (g)	26.6g	4.1g
Carbohydrate (g)	54.4g	8.3g
- sugars (g)	26g	4g
Sodium (mg)	763mg	116mg

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.

Fancy a drop?

We recommend pairing this meal with Pinot Noir or Bordeaux Blend



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- Trim green tops from **baby rainbow carrots** and scrub them clean. Cut **parsnip** into wedges lengthways.
- Score **lamb rump** fat in a criss-cross pattern and season all over with **salt** and **pepper**.



Braise the carrots

- Meanwhile, place **baby carrots**, **parsnip**, the **water (for the veggies)** and **butter (for the veggies)** in a baking dish.
- Season generously with **salt** and **pepper**, then lightly toss to coat.
- Braise **carrots** until tender, **20-25 minutes**.



Sear the lamb

- Place **lamb**, fat-side down, in a large frying pan (no need for oil!). Place pan over medium heat and cook, undisturbed, until golden, **10 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.



Make the gravy

- While the **lamb** is resting, boil the kettle.
- In a medium microwave-safe bowl, add **red wine jus** and **butter (for the sauce)**, then microwave in **30 second** bursts until warmed through.
- Add **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), to the bowl, whisking until smooth. Set aside.
- Crush **roasted almonds** in a mortar and pestle, or in their sachet using a rolling pin.



Roast the lamb & potato

- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Add **lamb** to one side of the tray, and roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove tray from oven, then transfer **lamb** to a plate and cover with foil. Allow to rest for **10 minutes**.
- Return **potatoes** to the oven and roast until tender, a further **5-10 minutes**.

TIP: The lamb will keep cooking as it rests!

TIP: If your oven tray is crowded, divide between two trays.



Serve up

- Slice the lamb.
- Divide lamb rump, roast potatoes and braised veggies between plates.
- Pour over red wine gravy. Garnish with crushed almonds and torn **parsley** to serve. Enjoy!

Little cooks: Add the finishing touch and sprinkle over the parsley and nuts.

We're here to help!

Scan here if you have any questions or concerns



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Burnt Basque Cheesecake

with Passionfruit Lemon Sauce

Grab your Meal Kit with this symbol



Caster Sugar



Cream Cheese



Sour Cream



Cornflour



Passionfruit Lemon Sauce

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

Does anything come close to the decadence and tastiness of a cheesecake? Drizzle over a fruity passionfruit and lemon sauce over this burnt basque cheesecake to create the ultimate dessert that everyone will love!

Pantry items

Eggs

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

20cm round baking tin · Electric beaters

Ingredients

	8 People
caster sugar	½ packet
cream cheese	2 packets
eggs*	2
sour cream	1 medium packet
cornflour	1 packet
salt*	½ tsp
passionfruit lemon sauce	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5677kJ (1356Cal)	1362kJ (325Cal)
Protein (g)	13.7g	3.3g
Fat, total (g)	98.4g	23.6g
- saturated (g)	65.8g	15.8g
Carbohydrate (g)	108.7g	26.1g
- sugars (g)	88.9g	21.3g
Sodium (mg)	1609mg	386mg

The quantities provided above are averages only.

Nutritional information is based on 8 servings.

Allergens

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1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Line a baking tin with two layers of baking paper, overlapping each other.
- Measure out 100g **caster sugar (see ingredients)**.

3



Bake the cheesecake

- Bake **cheesecake** for **50-60 minutes** (or **1 hour 20 minutes** for 4 people) or until the cheesecake has a little wobble in the centre.
- Allow to cool completely in the baking tin, **30 minutes**.

2



Make the mixture

- In a large bowl, add **cream cheese** and the measured **caster sugar**. Using electric beaters, mix until combined.
- Add the **eggs** and **sour cream**, then mix with electric beaters to combine.
- Add the **cornflour** and **salt** and mix well to combine.
- Pour **cheesecake mixture** into the prepared tin.

4



Serve up

- Slice burnt basque cheesecake.
- Serve with **passionfruit lemon sauce**. Enjoy!

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