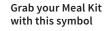
Lamb Rump & Red Wine Gravy with Braised Baby Carrots & Roast Potatoes

FATHER'S DAY SPECIAL

KID FRIENDLY











Potato



Parsnip

Lamb Rump









Roasted Almonds

Parsley



Prep in: 20-30 mins Ready in: 40-50 mins **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	1 bag	2 bags
carrots	(280g)	(560g)
parsnip	1	2
lamb rump	1 packet	1 packet
water*	1/	1/
(for the veggies)	¼ cup	½ cup
Land Land		
butter*	20-	40 -
(for the veggies)	20g	40g
	20g 1 medium packet	40g 1 large packet
(for the veggies)	1 medium packet	1 large packet
(for the veggies) red wine jus		
(for the veggies) red wine jus butter*	1 medium packet	1 large packet
(for the veggies) red wine jus butter* (for the sauce)	1 medium packet 20g	1 large packet 40g
(for the veggies) red wine jus butter* (for the sauce) gravy granules	1 medium packet 20g 1 sachet	1 large packet 40g 2 sachets

^{*}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.



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.



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.



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.



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.



Serve up

- · Slice the lamb.
- Divide lamp 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.



Rate your recipe

Burnt Basque Cheesecake with Passionfruit Lemon Sauce











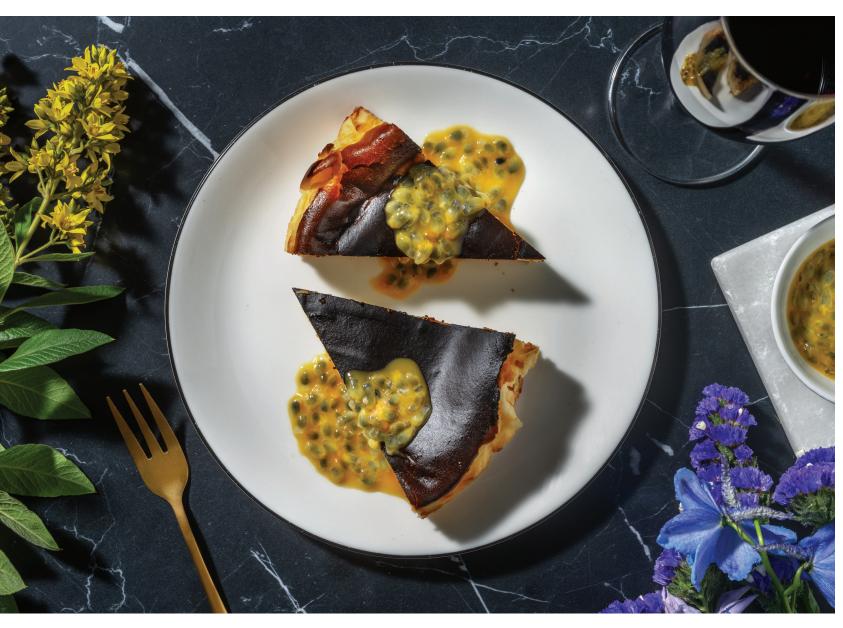
Sour Cream



Cornflour



Passionfruit Lemon Sauce



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



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.



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.



Serve up

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

