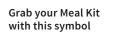


Lamb Rump & Red Wine Gravy with Braised Baby Carrots & Roast Potatoes

FATHER'S DAY SPECIAL

KID FRIENDLY













Parsnip

Lamb Rump





Gravy Granules

Crushed Macadamias



Parsley



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)	1/4 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
crushed macadamias	1 packet	2 packets
parsley	1 bag	1 bag

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
3832kJ (916Cal)	585kJ (140Cal)
39.2g	6g
51.1g	7.8g
26.6g	4.1g
54.4g	8.3g
26g	4g
763mg	116mg
	3832kJ (916Cal) 39.2g 51.1g 26.6g 54.4g 26g

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 veggies

- 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 carrot and parsnip 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.
- Wipe out frying pan and return to medium-high heat. Toast crushed macadamias, tossing, until golden, 3-4 minutes.



Serve up

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

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







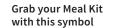


Rate your recipe



Burnt Basque Cheesecake with Passionfruit Lemon Sauce

FATHER'S DAY SPECIAL









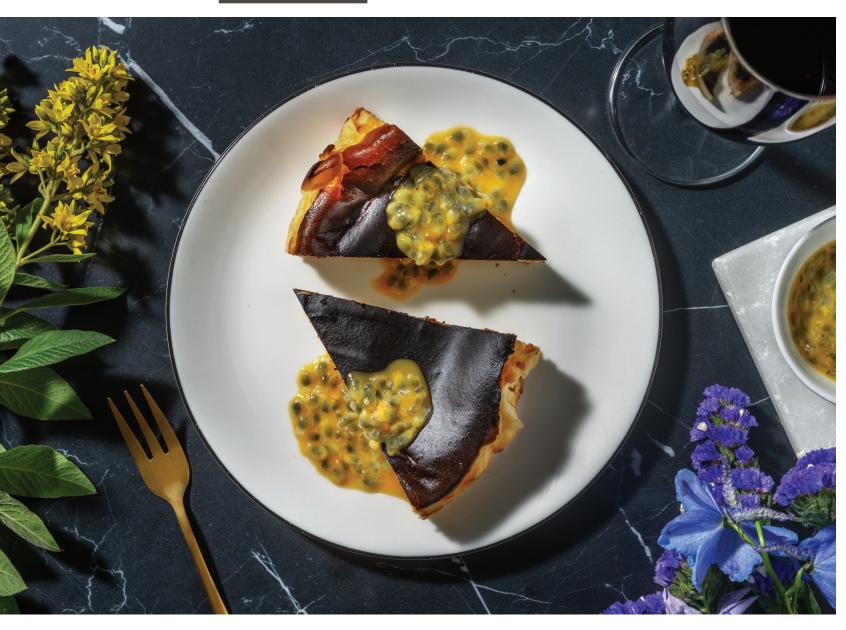


Sour Cream





Passionfruit Lemon Sauce



Prep in: 15-25 mins Ready in: 50-60 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.*

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Get prepped

- · Preheat oven to 240°C/220°C fan-forced.
- Line a baking tin with two layers of baking paper, and lightly brush with olive oil.
- 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 30-40 minutes on the top rack of the oven until cheesecake has a little wobble in the centre.
- Allow to cool completely in the baking tin, 30 minutes.



Serve up

- Carefully remove cheesecake from the baking tin.
- Slice burnt basque cheesecake.
- Serve with passionfruit lemon sauce. Enjoy!



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