



# Lamb Rump & Red Wine Gravy

with Braised Baby Carrots & Roast Potatoes

FATHER'S DAY SPECIAL

KID FRIENDLY

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Potato



Baby Rainbow Carrots



Parsnip



Lamb Rump



Red Wine Jus



Gravy Granules



Crushed Macadamias



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
<b>olive oil*</b>	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
<b>water*</b> (for the veggies)	¼ cup	½ cup
<b>butter*</b> (for the veggies)	20g	40g
red wine jus	1 medium packet	1 large packet
<b>butter*</b> (for the sauce)	20g	40g
gravy granules	1 sachet	2 sachets
<b>boiling water*</b>	½ cup	1 cup
crushed macadamias	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](https://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

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## 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 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**.



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



## 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 toasted macadamias and torn **parsley** to serve. Enjoy!

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

## Rate your recipe

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# Burnt Basque Cheesecake

with Passionfruit Lemon Sauce

FATHER'S DAY SPECIAL

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Caster Sugar



Cream Cheese



Sour Cream



Cornflour



Passionfruit Lemon Sauce

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

Does anything come close to the decadence and tastiness of a cheesecake? Drizzle 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 **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)**.

3



## 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**.

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

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

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