



Apricot-Glazed Lamb Rump & Eggplant Curry

with Garlic Rice & Garlic Flatbreads

TASTE TOURS

NEW

Grab your Meal Kit with this symbol



Carrot



Eggplant



Lamb Rump



Mumbai Spice Blend



Apricot Sauce



Garlic



Basmati Rice



Bengal Curry Paste



Coconut Milk



Vegetable Stock Powder



Flatbreads



Crushed Roasted Cashews



Coriander

Prep in: 35-45 mins
Ready in: 45-55 mins

A rich curry is all you need to lift your spirits after a long day. Sit back and enjoy a bowl of fragrant rice soaking in a warm eggplant curry. Glaze lamb rump in a sweet and punchy apricot sauce and serve with garlic flatbreads to create a beautiful blissful bowl.

Pantry items

Olive Oil, Butter, Brown Sugar

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

Two oven trays lined with baking paper · Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
eggplant	1	2
lamb rump	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
apricot sauce	½ packet (30g)	1 packet (60g)
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
Bengal curry paste	1 packet (50g)	1 packet (100g)
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
water* (for the curry)	¼ cup	½ cup
brown sugar*	½ tsp	1 tsp
flatbreads	2	4
crushed roasted cashews	1 packet	2 packets
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5026kJ (1201Cal)	727kJ (174Cal)
Protein (g)	49.9g	7.2g
Fat, total (g)	55.7g	8.1g
- saturated (g)	31.7g	4.6g
Carbohydrate (g)	131.3g	19g
- sugars (g)	21.5g	3.1g
Sodium (mg)	1554mg	225mg

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 | CW39

1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **carrot** and **eggplant** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

4



Make the curry

- When the veggies are done, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **Bengal curry paste** until fragrant, **1 minute**.
- Add **coconut milk**, **vegetable stock powder**, **water (for the curry)**, the **brown sugar** and **roasted veggies**. Stir to combine and bring to the boil. Reduce heat to medium and simmer until slightly reduced, **2-3 minutes**. Season to taste. Transfer to a serving bowl.

2



Cook the lamb

- Meanwhile, 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, undisturbed, until golden, **10-12 minutes**.
- Meanwhile, combine **Mumbai spice blend** and a drizzle of **olive oil** in a small bowl.
- Increase heat to high and sear **lamb** on all sides for **30 seconds**. Transfer **lamb**, fat-side up, to a second 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 and drizzle over **apricot sauce**. Cover with foil and set aside to rest for **10 minutes**.

TIP: The lamb will keep cooking as it rests!

5



Bake the flatbreads

- Place **flatbreads** on the lined oven tray and sprinkle over remaining **garlic**. Drizzle with **olive oil** and season with **salt**.
- Bake until warmed through, **4-7 minutes**.

3



Cook the garlic rice

- Meanwhile, finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

6



Serve up

- Garnish curry with **crushed roasted cashews**. Tear **coriander** over rice.
- Slice lamb rump and drizzle over any remaining resting juices.
- Bring everything to the table to serve.
- Help yourself to some apricot-glazed lamb rump, eggplant curry, garlic rice and flatbreads. Enjoy!

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