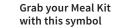


Chutney-Glazed Lamb Rump with Veggie Fries & Avocado Salad

CUSTOMER FAVOURITE























Leaves



Vegetable Stock



Powder

Prep in: 25-35 mins Ready in: 40-50 mins



Carb Smart

You know you're in for a good night when the only thing standing between you and this classy low-carb lamb dish is a matter of minutes. With only the most tender lamb rump cut, sticky onion chutney glaze and baked veggie fries, you just can't go wrong.

Pantry items

Olive Oil, White Wine Vinegar, 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 \cdot Two oven trays lined with baking paper

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 packet	1 packet
carrot	2	4
beetroot	1	2
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
avocado	1	1
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
onion chutney	½ large packet	1 large packet
vegetable stock powder	½ medium sachet	1 medium sachet
butter*	10g	20g

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2720kJ (650Cal)	552kJ (132Cal)
Protein (g)	34.5g	7g
Fat, total (g)	37.6g	7.6g
- saturated (g)	17.2g	3.5g
Carbohydrate (g)	22.9g	4.6g
- sugars (g)	17g	3.4g
Sodium (mg)	718mg	146mg

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.



Cook the lamb rump

- Preheat oven to 220°C/200°C fan-forced.
 Lightly score fat of lamb rump in a 1cm criss-cross pattern.
- Season **lamb** all over with **salt** and **pepper**, then place, fat-side down, in a large frying pan.
- Place pan over medium heat and cook lamb, undisturbed, until golden, 10-12 minutes.
 Increase heat to high and sear the lamb on all sides for 30 seconds.

TIP: Starting the lamb in a cold pan helps the fat melt without burning.



Bake the veggie fries

- While the lamb is cooking, cut carrot and beetroot into fries.
- Place veggie fries on a lined oven tray. Drizzle with olive oil and season with salt. Toss to coat, spread out evenly, then bake until tender,
 25-30 minutes.



Roast the lamb

- While the veggie fries are baking, transfer **lamb**, fat-side up, to a second lined oven tray.
- Roast for 15-20 minutes for medium, or until cooked to your liking. Remove tray from oven and cover lamb with foil to rest for 10 minutes.



Make the salad

- While the lamb is roasting, finely chop garlic and parsley. Slice avocado in half, scoop out flesh and roughly chop.
- In a medium bowl, combine a drizzle of white wine vinegar and olive oil, then season.
 Add avocado and mixed salad leaves to the dressing. Set aside.



Make the glaze

- While the lamb is resting, combine onion chutney (see ingredients), vegetable stock powder (see ingredients) and a dash of water in a small bowl.
- Return the frying pan to medium heat. Cook garlic and parsley until fragrant, 1 minute.
- Add chutney glaze and the butter, then cook until heated through and slightly reduced,
 1 minute. Stir through any lamb resting juices until combined.



Serve up

- · Slice roasted lamb.
- Divide lamb, veggie fries and avocado salad between plates.
- Spoon chutney glaze over lamb to serve. Enjoy!

