



# Chutney-Glazed Lamb Rump

with Veggie Fries & Avocado Salad

CUSTOMER FAVOURITE



Grab your Meal Kit with this symbol



Lamb Rump



Carrot



Beetroot



Garlic



Parsley



Avocado



Mixed Salad Leaves



Onion Chutney



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 · Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>white wine vinegar*</b>	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
<b>butter*</b>	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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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.

4



## 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.

2



## 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**.

5



## 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.

3



## 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**.

6



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

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