



Tender Lamb Rump & Roast Beetroot Salad

with Caramelised Onion & Mayo

Grab your Meal Kit with this symbol



Lamb Rump



Beetroot



Potato



Carrot



Herb & Mushroom Seasoning



Onion



Baby Spinach Leaves



Mayonnaise

Prep in: **30-40 mins**
Ready in: **45-55 mins**

It's roast lamb, but not as you know it! We're using our flavourful and earthy herb and mushroom seasoning to lift succulent lamb rump to new heights. With a generous helping of roasted veggies, it's all you need to create a nutritious meal that's fit for even the fussiest eaters.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

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
olive oil*	refer to method	refer to method
lamb rump	1 packet	1 packet
beetroot	1	2
potato	1	2
carrot	1	2
herb & mushroom seasoning	1 sachet	2 sachets
onion	1 (medium)	1 (large)
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3181kJ (760Cal)	559kJ (134Cal)
Protein (g)	38g	6.7g
Fat, total (g)	40.8g	7.2g
- saturated (g)	16.6g	2.9g
Carbohydrate (g)	40.2g	7.1g
- sugars (g)	21.8g	3.8g
Sodium (mg)	766mg	135mg

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.



Sear the lamb

- Preheat oven to **220°C/200°C fan-forced**.
- 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 **lamb**, undisturbed, until golden, **10-12 minutes**.
- Increase heat to high and sear **lamb** on all sides for **30 seconds**.

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



Roast the veggies

- Meanwhile, cut **beetroot** into small chunks. Cut **potato** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **25-30 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Roast the lamb

- While the veggies are roasting, combine **herb & mushroom seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper** in a small bowl.
- Use the back of a spoon to spread **seasoning mixture** over the **lamb**.
- Transfer **lamb** to a second lined oven tray and roast for **15-20 minutes** for medium, or until cooked to your liking.
- Remove from oven and cover with foil to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



Caramelize the onion

- While the lamb is roasting, thinly slice **onion**.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**.



Finish the veggies

- Add **baby spinach leaves** to the tray of **roasted veggies**, along with **caramelised onion** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine. Season to taste.



Serve up

- Slice lamb rump.
- Divide roast beetroot salad and lamb between plates. Spoon any resting juices over lamb.
- Serve with **mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2023 | CW42

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate