



Easy Peppercorn Lamb Rump & Veggie Fries

with Cucumber Salad & Mayo

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Lamb Rump



Beetroot



Carrot



Aussie Spice Blend



Black Peppercorns



Cucumber



Mixed Salad Leaves



Balsamic & Olive Oil Dressing



Mayonnaise



Lamb Rump

Prep in: 15-25 mins
Ready in: 45-55 mins

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

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

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
carrot	2	4
Aussie spice blend	1 sachet	1 sachet
black peppercorns	½ sachet	1 sachet
cucumber	1 (medium)	1 (large)
mixed salad leaves	1 small bag	1 medium bag
balsamic & olive oil dressing	½ packet	1 packet
mayonnaise	1 medium packet	1 large packet
lamb rump**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2723kJ (651Cal)	492kJ (118Cal)
Protein (g)	35.8g	6.5g
Fat, total (g)	38g	6.9g
- saturated (g)	16.2g	2.9g
Carbohydrate (g)	24.4g	4.4g
- sugars (g)	16.4g	3g
Sodium (mg)	974mg	176mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4508kJ (1077Cal)	619kJ (148Cal)
Protein (g)	66.9g	9.2g
Fat, total (g)	63.1g	8.7g
- saturated (g)	30.5g	4.2g
Carbohydrate (g)	24.4g	3.3g
- sugars (g)	16.4g	2.3g
Sodium (mg)	1093mg	150mg

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 | CW45



1



Sear the lamb

- Preheat oven to **220°C/200°C fan-forced**. Lightly score **lamb rump fat** 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 the pan over medium heat and cook, 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.

Custom Recipe: If you've doubled your lamb, sear in batches for the best result.

3



Roast the lamb

- Place **lamb** on a second lined oven tray and use the back of a spoon to spread **peppercorn mixture** over the lamb.
- Roast **lamb** for **15-20 minutes** for medium or until cooked to your liking.
- Remove **lamb** from oven, then cover with foil to rest for **10 minutes**.
- Meanwhile, thinly slice **cucumber** into half-moons.
- In a medium bowl, add **mixed salad leaves** and **balsamic & olive oil dressing**. Toss to coat. Season to taste.

TIP: The meat will keep cooking as it rests!

2



Bake the veggie fries

- While the lamb is cooking, cut **beetroot** and **carrot** into fries.
- Place **veggie fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Aussie spice blend** and season. Toss to coat, spread out evenly, then bake until tender, **25-30 minutes**.
- Meanwhile, crush **black peppercorns** (see ingredients) with a mortar and pestle or in their sachet using a rolling pin.
- **SPICY!** Peppercorns can be spicy, use less if you're sensitive to heat! In a small bowl, combine **black peppercorns** and a drizzle of **olive oil**.

4



Serve up

- Slice peppercorn roasted lamb rump.
- Divide lamb, spiced veggie fries and cucumber salad between plates.
- Pour any resting juices over lamb. Serve with a dollop of **mayonnaise**. Enjoy!

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