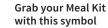


# Easy Peppercorn Lamb Rump & Veggie Fries with Cucumber Salad & Mayo

**CUSTOMER FAVOURITE** 













Carrot









**Black Peppercorns** 





Mixed Salad Leaves

Balsamic & Olive Oil Dressing



Mayonnaise



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.



## 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

## **Inaredients**

2 People	4 People
refer to method	refer to method
1 packet	1 packet
1	2
2	4
1 sachet	1 sachet
½ sachet	1 sachet
1 (medium)	1 (large)
1 small bag	1 medium bag
½ packet	1 packet
1 medium packet	1 large packet
1 packet	1 packet
	refer to method 1 packet 1 2 1 sachet ½ sachet 1 (medium) 1 small bag ½ packet 1 medium packet

<sup>\*</sup>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





#### 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.



#### 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!



# 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.



# 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!