



# Chermoula Roasted Lamb & Balsamic Sauce

with Garlic Veggie Mash & Cucumber Salad

Grab your Meal Kit with this symbol



Lamb Rump



Chermoula Spice Blend



Potato



Carrot



Cucumber



Garlic



Mixed Salad Leaves



Pomegranate Molasses



Lamb Rump

### Recipe Update

We've replaced the radish in this recipe with cucumber due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: **20-30 mins**  
Ready in: **40-50 mins**



Carb Smart\*

\*Custom Recipe is not Carb Smart

You might need a pair of sunglasses for this meal because it's blinding, especially with garlic, potato and carrot combined into a sunset mash. What's goes best with a mash than a lamb roast of course and this one is succulent, tender and drizzled in a balsamic sauce for a dark tone. Trust us, it tastes just as good as it looks.

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

### Pantry items

Olive Oil, Brown Sugar, Balsamic 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 · Oven tray lined with baking paper · Medium saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
lamb rump	1 packet	1 packet
chermoula spice blend	1 medium sachet	1 large sachet
potato	1	2
carrot	2	4
cucumber	1	2
garlic	3 cloves	6 cloves
<b>brown sugar*</b>	1 tsp	2 tsp
<b>balsamic vinegar*</b>	1½ tbs	3 tbs
<b>butter*</b>	20g	40g
mixed salad leaves	1 small bag	1 medium bag
pomegranate molasses	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)	2717kJ (649Cal)	588kJ (141Cal)
Protein (g)	34.8g	7.5g
Fat, total (g)	31.6g	6.8g
- saturated (g)	18.1g	3.9g
Carbohydrate (g)	36.8g	8g
- sugars (g)	20.1g	4.4g
Sodium (mg)	683mg	148mg
Dietary Fibre (g)	8.2g	1.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4553kJ (1088Cal)	709kJ (169Cal)
Protein (g)	66.8g	10.4g
Fat, total (g)	57.4g	8.9g
- saturated (g)	32.8g	5.1g
Carbohydrate (g)	36.8g	5.7g
- sugars (g)	20.1g	3.1g
Sodium (mg)	805mg	125mg

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://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

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## 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**.
- Meanwhile, combine **chermoula spice blend** with a drizzle of **olive oil** in small bowl. Season with **salt** and **pepper**.
- Increase heat to high, then 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 rump, cook in batches for the best results.



## Make the veggie mash

- While the lamb is roasting, half-fill a medium saucepan with boiling water.
- Cook **potato**, **carrot** and **garlic** cloves in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**.
- Drain, then return **veggies** and **garlic** to the saucepan. Drizzle with **olive oil** and season generously with **salt**.
- Mash until smooth, then cover to keep warm.



## Get prepped

- While the lamb is cooking, boil the kettle.
- Peel **potato** and **carrot**, then cut both into small chunks. Thinly slice **cucumber** into half-moons. Peel **garlic** cloves.



## Make the sauce

- While lamb is resting, wipe out the frying pan and return to medium heat. Cook the **brown sugar**, **balsamic vinegar** and a splash of **water** until slightly reduced, **1-2 minutes**.
- Remove from heat, then stir through the **butter** and any **lamb resting juices**. Season to taste.

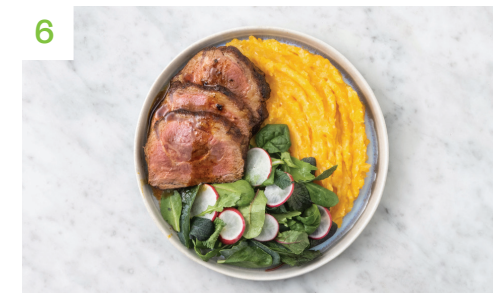


## Roast the lamb

- Transfer **lamb**, fat-side up, to a lined oven tray. Use the back of a spoon to spread **spice mixture** over the **lamb**.
- Roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove **lamb** from the oven, then cover with foil and set aside to rest for **10 minutes**.

**TIP:** The lamb will keep cooking as it rests!

**Custom Recipe:** Spread lamb over two oven trays if your tray is getting crowded.



## Serve up

- In a medium bowl, combine cucumber, **mixed salad leaves**, **pomegranate molasses** and a drizzle of olive oil. Season and toss to combine.
- Slice chermoula lamb.
- Divide garlic veggie mash, chermoula roasted lamb and cucumber salad between plates.
- Spoon balsamic sauce over the lamb. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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