



Easy Lamb Rump & Avocado Cos Salad

with Dijon Honey Dressing & Mayonnaise

NEW

Grab your Meal Kit with this symbol



Lamb Rump



Avocado



Cos Lettuce



Tomato



Dijon Mustard



Mayonnaise



Lamb Rump

Prep in: 15-25 mins
Ready in: 40-50 mins



Carb Smart*

*Custom Recipe is not Carb Smart

Dive into a guilt-free feast with our lamb rump cos salad! Wholesome goodness meets delectable delight as lamb rump, roasted to perfection, takes centre stage amidst crisp cos lettuce, tomatoes and avocado. Top it off with a punchy dijon honey dressing for a taste explosion!

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

Pantry items

Olive Oil, Honey

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 medium packet	2 medium packets OR 1 large packet
avocado	1 (small)	1 (large)
cos lettuce	1 head	2 heads
tomato	1	2
dijon mustard	1 medium packet	1 large packet
honey*	2 tsp	4 tsp
mayonnaise	1 medium packet	1 large packet
lamb rump**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2713kJ (648Cal)	696kJ (166Cal)
Protein (g)	34.1g	8.7g
Fat, total (g)	45.2g	11.6g
- saturated (g)	17.3g	4.4g
Carbohydrate (g)	5.5g	1.4g
- sugars (g)	4.3g	1.1g
Sodium (mg)	421mg	108mg
Dietary Fibre (g)	5.1g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4498kJ (1075Cal)	796kJ (190Cal)
Protein (g)	65.2g	11.5g
Fat, total (g)	70.2g	12.4g
- saturated (g)	31.6g	5.6g
Carbohydrate (g)	5.5g	1g
- sugars (g)	4.3g	0.8g
Sodium (mg)	540mg	96mg

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.

We're here to help!

Scan here if you have any questions or concerns

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1



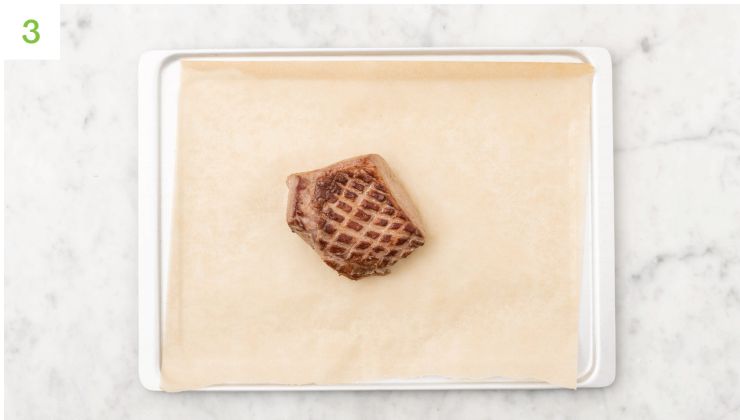
Sear the lamb

- Preheat oven to **220°C/200°C fan-forced**. Lightly score **lamb rump** fat in a criss-cross pattern and season generously with **salt** and **pepper**.
- Place **lamb**, fat-side down, in a large frying pan (no need for oil!). Place pan over medium heat and cook, undisturbed, until golden, **10-12 minutes**.
- Increase heat to high and sear **lamb rump** 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 best results.

3



Roast the lamb

- Transfer **lamb**, fat-side up, to a lined oven tray.
- Roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove **lamb** from the oven, 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 trays if your tray is getting crowded.

2



Get prepped

- Meanwhile, slice **avocado** in half, scoop out flesh and roughly chop. Roughly chop **cos lettuce** and **tomato**.
- In a large bowl, combine **dijon mustard**, the **honey** and a generous drizzle of **olive oil**. Season with **salt** and **pepper**. Set aside.

4



Serve up

- Add cos lettuce, avocado and tomato to the bowl with dijon honey dressing and toss to combine.
- Thinly slice lamb.
- Divide salad between plates and top with lamb rump. Drizzle over **mayonnaise** to serve. Enjoy!

Rate your recipe

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