



Easy Mexican Lamb Rump & Tomato Salsa

with Radish Slaw & Potato Wedges

NEW

Grab your Meal Kit with this symbol



Lamb Rump



Potato



Celery



Radish



Tex-Mex Spice Blend



Shredded Cabbage Mix



Mayonnaise



Roasted Tomato Salsa



Lamb Rump

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

Lamb rump is usually served drizzled in a mint sauce, but we dare you to try out this Mexican twist! Succulent lamb is smothered in Mexican spices and honey for unbelievable flavour. With accompaniments like potato wedges and a fresh and crunchy slaw, who could possibly resist?

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

Pantry items

Olive Oil, Honey, 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 medium packet	2 medium packets OR 1 large packet
potato	2	4
celery	1 stalk	2 stalks
radish	1	2
Tex-Mex spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
roasted tomato salsa	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)	3247kJ (776Cal)	582kJ (139Cal)
Protein (g)	38.4g	6.9g
Fat, total (g)	41.2g	7.4g
- saturated (g)	16.7g	3g
Carbohydrate (g)	42.9g	7.7g
- sugars (g)	24.3g	4.4g
Sodium (mg)	878mg	157mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5032kJ (1203Cal)	687kJ (164Cal)
Protein (g)	69.6g	9.5g
Fat, total (g)	66.3g	9g
- saturated (g)	31g	4.2g
Carbohydrate (g)	42.9g	5.9g
- sugars (g)	24.3g	3.3g
Sodium (mg)	997mg	136mg

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

2024 | CW11



1



Start the lamb

- Preheat oven to **220°C/200°C fan-forced**. Lightly score **lamb** fat in a criss-cross pattern.
- Place **lamb rump**, 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 lamb in batches.

3



Finish the lamb

- Meanwhile, combine **Tex-Mex spice blend** and a drizzle of **olive oil** in a small bowl. Season.
- Once seared, transfer **lamb**, fat-side up, to a second 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 and drizzle with the **honey**. 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.

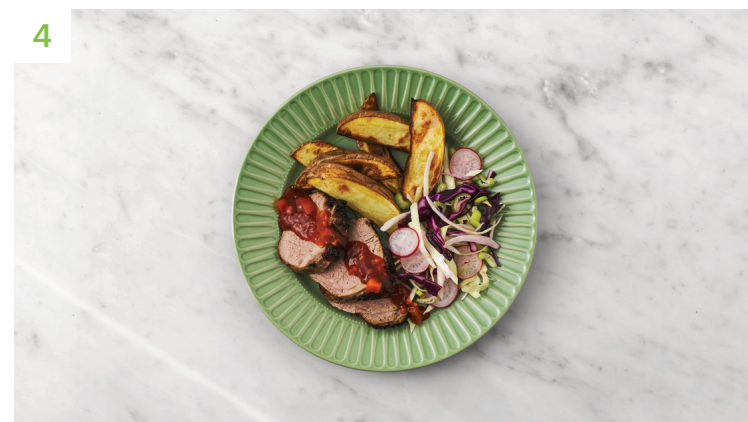
2



Bake the wedges

- Meanwhile, cut **potato** into wedges. Thinly slice **celery** and **radish**.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **25-30 minutes**.

4



Serve up

- In a large bowl, combine **shredded cabbage mix**, celery, radish, **mayonnaise** and a drizzle of **white wine vinegar**. Season to taste.
- Slice lamb rump.
- Divide Mexican lamb rump, potato wedges and radish slaw between plates.
- Top lamb with **roasted tomato salsa** to serve. Enjoy!

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