



Lamb Rump & Spiced Roast Veggies

with Jewelled Israeli Couscous & Yoghurt Dressing

GOURMET

Grab your Meal Kit with this symbol



Lamb Rump



Cauliflower



Leek



Lemon



Roasted Almonds



Garlic



Middle Eastern Seasoning



Peeled Pumpkin Pieces



Israeli Couscous



Currants



Vegetable Stock Powder



Greek-Style Yoghurt



Baby Leaves



Mint

Recipe Update

We've replaced the rainbow carrots in this recipe with peeled pumpkin pieces due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 35-45 mins
Ready in: 45-55 mins

Succulent lamb coupled with roasted baby carrots, Israeli couscous and veggies, sit pretty together in this classic gourmet-style dinner. For the perfect finishing touch, we've added a delectable yoghurt dressing - never has a combination been so right!

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 · Medium saucepan

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
cauliflower	1 medium portion	1 large portion
leek	1	2
lemon	½	1
roasted almonds	1 packet	2 packets
garlic	2 cloves	4 cloves
Middle Eastern seasoning	1 packet	2 packets
peeled pumpkin pieces	1 small packet	1 medium packet
Israeli couscous	1 medium packet	2 medium packets
water*	1½ cups	3 cups
currants	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
mint	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3960kJ (946Cal)	614kJ (147Cal)
Protein (g)	50.1g	7.8g
Fat, total (g)	44.6g	6.9g
- saturated (g)	17g	2.6g
Carbohydrate (g)	60.2g	9.3g
- sugars (g)	23.8g	3.7g
Sodium (mg)	1051mg	163mg
Dietary Fibre (g)	12.8g	2g

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.

Fancy a drop?

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We're here to help!

Scan here if you have any questions or concerns

2024 | CW19



Start the lamb

- Preheat oven to **220°C/200°C fan-forced**.
- Lightly score **lamb 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, 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.



Cook the couscous

- While the lamb is roasting, heat a medium saucepan over medium-high heat with a drizzle of **olive oil**.
- Add **Israeli couscous** and toast, stirring occasionally, until golden, **2 minutes**. Add the **water**, **currants** and **vegetable stock powder**.
- Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water is absorbed, **12-14 minutes**.



Roast the veggies

- Meanwhile, cut **cauliflower** into small florets. Thinly slice **leek**.
- Zest **lemon** to get a pinch, then slice into wedges. Roughly chop **roasted almonds**.
- Place **cauliflower**, **leek** and unpeeled **garlic** cloves on a lined oven tray.
- Sprinkle over **Middle Eastern Seasoning**, drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.
- When there is **15 minutes** cooking time remaining, add **peeled pumpkin pieces** to the tray.



Bring it all together

- Meanwhile, in a small bowl squeeze the **roasted garlic** from the skin and mash using a fork.
- Add **Greek-style yoghurt** and **lemon zest**, season with **salt** and **pepper** and stir to combine.
- Roughly chop **baby leaves**.
- To the tray with the **roasted veggies**, add the **almonds**, **baby leaves** and a generous squeeze of **lemon juice**. Toss to combine and season to taste.



Roast the lamb

- Transfer **lamb**, fat-side up, to a second 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!



Serve up

- Slice lamb rump.
- Divide jewelled Israeli couscous between plates. Top with lamb and spiced roast veggies.
- Spoon over garlic yoghurt dressing. Tear over **mint** leaves to serve. Enjoy!

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