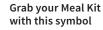


Honey Chermoula Lamb Rump with Roast Root Veggie Toss & Yoghurt









Chermoula Spice



Baby Potatoes

Carrot



Beetroot

Garlic & Herb Seasoning





Baby Leaves



Yoghurt





Prep in: 15-25 mins Ready in: 50-60 mins

Chermoula spices are the ideal seasoning to complement lamb, and with a hearty roast veggie toss plus a side of creamy yoghurt, there's a burst of flavour in every bite!

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

Pantry items

Olive Oil, Honey, Butter, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
lamb rump	1 medium packet	2 medium packets OR 1 large packet		
chermoula spice blend	1 medium sachet	1 large sachet		
baby potatoes	1 packet	2 packet		
carrot	1	2		
beetroot	1	2		
garlic & herb seasoning	1 medium sachet	1 large sachet		
honey*	1 tsp	2 tsp		
butter*	10g	20g		
baby leaves	1 small packet	1 medium packet		
white wine vinegar*	drizzle	drizzle		
Greek-style yoghurt	1 medium packet	2 medium packets		
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)	3259kJ (779Cal)	520kJ (124Cal)
Protein (g)	41.9g	6.7g
Fat, total (g)	35.7g	5.7g
- saturated (g)	18.1g	2.9g
Carbohydrate (g)	50g	8g
- sugars (g)	19g	3g
Sodium (mg)	1146mg	183mg
Dietary Fibre (g)	10.4g	1.7g
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Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5044kJ (1206Cal)	629kJ (150Cal)
Protein (g)	73.1g	9.1g
Fat, total (g)	60.8g	7.6g
- saturated (g)	32.4g	4g
Carbohydrate (g)	50g	6.2g
- sugars (g)	19g	2.4g
Sodium (mg)	1265mg	158mg
Dietary fibre	10.4g	1.3g

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

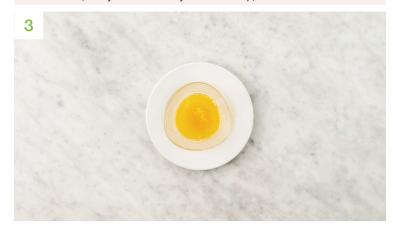




Cook the lamb

- Preheat oven to 240°C/220°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, undisturbed, until golden, 10-12 minutes. Increase heat to high and sear on all sides for 30 seconds.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat!
 Transfer lamb, fat-side up, to a lined oven tray. Combine chermoula spice blend and a drizzle of olive oil in a small bowl. Use the back of a spoon to spread spice mixture over the lamb. Season with salt and pepper, then roast for 15-20 minutes for medium or until cooked to your liking.
- Remove lamb from oven. Cover with foil and set aside to rest, 10 minutes.

Custom Recipe: If you've doubled your lamb rump, render lamb fat in batches.



Make the honey butter sauce

- In a small microwave-safe bowl, add the honey and butter. Microwave in 10 second bursts until melted.
- Add lamb resting juices to the melted honey butter and stir to combine.
 Season to taste.



Roast the veggies

- While the lamb is roasting, cut baby potatoes and carrot into bite-sized chunks. Cut beetroot into small chunks.
- Place veggies on a second lined oven tray. Drizzle with olive oil, sprinkle
 with garlic & herb seasoning, then season with salt and toss to coat.
 Spread out evenly, then roast until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide between two trays.



Serve up

- Add baby leaves and a drizzle of white wine vinegar to the roasted veggies, then gently toss to combine.
- Slice chermoula spiced lamb. Divide lamb and roast root veggie toss between plates. Spoon honey butter sauce over lamb.
- Serve with Greek-style yoghurt. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate