



# Honey Chermoula Lamb Rump

with Roast Root Veggie Toss & Yoghurt

Grab your Meal Kit with this symbol



Lamb Rump



Chermoula Spice Blend



Baby Potatoes



Carrot



Beetroot



Garlic & Herb Seasoning



Baby Leaves



Greek-Style Yoghurt



Lamb Rump

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

	2 People	4 People
<b>olive oil*</b>	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
<b>honey*</b>	1 tsp	2 tsp
<b>butter*</b>	10g	20g
baby leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	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

### 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](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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## 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

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