



Herby Lamb Rump & Mint Sauce

with Cheddar Baby Potatoes & Lemon Chilli Greens

PUB BISTRO

Grab your Meal Kit with this symbol



Lamb Rump



Herb & Mushroom Seasoning



Baby Potatoes



Garlic



Shredded Cheddar Cheese



Green Beans



Baby Broccoli



Lemon



Roasted Almonds



Chilli Flakes (Optional)



Mint Sauce

Prep in: 20-30 mins
Ready in: 40-50 mins

Let's bring back a pub classic - tender roast lamb rump dinner with mint sauce spooned over for a sweet and sticky glaze. The potatoes are putting on a show, crushed for extra crispiness and topped with a sprinkle of Cheddar for mouth-wateringly good flavour. Dig in and enjoy this timeless delight!

Pantry items

Olive Oil, Butter

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
olive oil*	refer to method	refer to method
lamb rump	1 medium packet	2 medium packets OR 1 large packet
herb & mushroom seasoning	1 sachet	2 sachets
baby potatoes	1	2
garlic	3 cloves	6 cloves
butter*	20g	40g
shredded Cheddar cheese	1 medium packet	1 large packet
green beans	1 small packet	1 medium packet
baby broccoli	½ medium bunch	1 medium bunch
lemon	½	1
roasted almonds	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
mint sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3907kJ (934Cal)	629kJ (150Cal)
Protein (g)	49g	7.9g
Fat, total (g)	54g	8.7g
- saturated (g)	25.6g	4.1g
Carbohydrate (g)	38.9g	6.3g
- sugars (g)	9.9g	1.6g
Sodium (mg)	761mg	123mg
Dietary Fibre (g)	9.7g	1.6g

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 beer?

We recommend pairing this meal with Pale Ale or Lager.



Start 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**.
- Meanwhile, combine **herb & mushroom seasoning** and a generous drizzle of **olive oil** in a small bowl. Season and set aside.
- 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.



Get prepped

- Meanwhile, trim **green beans** and **baby broccoli** (**see ingredients**) halve any thick baby broccoli lengthways.
- Slice **lemon** into wedges. Roughly chop **roasted almonds**.



Roast the potatoes

- While lamb is cooking, halve **baby potatoes**.
- Place **potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Arrange cut-side down. Roast until just tender, **18-20 minutes**.
- Meanwhile, finely chop **garlic**. In a small microwave-safe bowl, add the **butter** and half the **garlic**. Microwave in **10 second** bursts, until melted. Season then set aside.
- Lightly crush the semi-roasted **potatoes** on the tray, until 1cm-thick. Drizzle with melted **garlic butter** and sprinkle with **shredded Cheddar cheese**. Return to oven to roast until golden, **8-10 minutes**.



Cook the greens

- When the lamb is resting, wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**. Add **green beans** and **baby broccoli** and cook until tender, **4-5 minutes**.
- Add remaining **garlic** and a pinch of **chilli flakes** (if using) and cook until fragrant, **1 minute**.
- Remove pan from heat and add a squeeze of **lemon juice**. Season to taste.



Finish the lamb

- Transfer **lamb**, fat-side up, to a second lined oven tray. Use back of a spoon to spread **seasoning mixture** over the **lamb**.
- 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.
- Divide herby lamb, Cheddar baby potatoes and lemon chilli greens between plates.
- Top lamb with **mint sauce**. Garnish greens with roasted almonds. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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