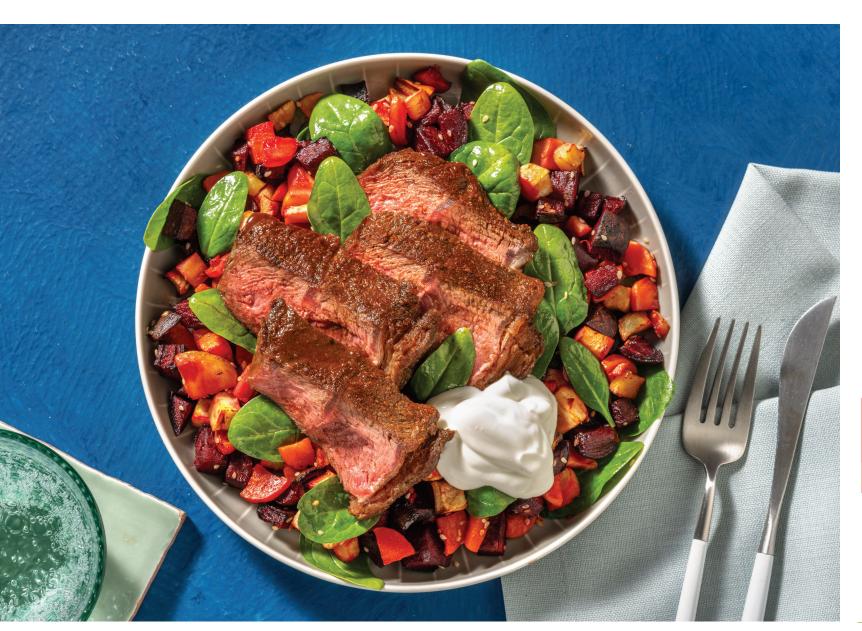


Chermoula-Spiced Honey Lamb Rump with Sesame Roast Root Veggie Toss & Garlic Yoghurt

Grab your meal kit with this number













Parsnip



Beetroot



Sesame Seeds



Chermoula Spice





Greek-Style Yoghurt



Baby Leaves





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



Our lamb rump is taken to the next level when rubbed with our chermoula spice and honey concoction. With a bountiful sesame-laced roast veggie toss, you can induldge in this meal whilst knowing that it is light on the carbs.

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper \cdot Large frying pan

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
carrot	1	2
parsnip	1	2
beetroot	1	2
sesame seeds	1 medium sachet	1 large sachet
chermoula spice blend	1 medium sachet	2 large sachets
water*	1 tbs	2 tbs
honey*	1 tsp	2 tsp
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
baby leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2601kJ (622Cal)	595kJ (142Cal)
Protein (g)	38.1g	8.7g
Fat, total (g)	35.1g	8g
- saturated (g)	15.8g	3.6g
Carbohydrate (g)	19.2g	4.4g
- sugars (g)	10.7g	2.4g
Sodium (mg)	686mg	157mg
Dietary Fibre (g)	10.6g	2.2g

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.



Cook the lamb rump

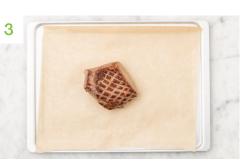
- Preheat oven to 220°C/200°C fan-forced. Lightly score lamb rump fat in a small criss-cross pattern.
- Season lamb all over with salt and pepper and place, fat-side down, in a large frying pan. Place pan over medium heat and cook, undisturbed, until golden, 10-12 minutes.
- Increase heat to high and sear lamb on all sides for 30 seconds.

TIP: Starting the lamb in a cold pan helps the fat melt without burning.



Roast the veggies

- While the lamb is cooking, cut carrot, parsnip and beetroot into bite-sized chunks.
- Place veggies on a lined oven tray. Sprinkle over sesame seeds, drizzle with olive oil and season.
 Toss to coat and spread out evenly. Roast until tender, 25-30 minutes.



Roast the lamb

- SPICY! This is a mild spice blend, but use less if you're sensitive to heat. While the veggies are roasting, combine chermoula spice blend, the water and a good pinch of salt and pepper in a small bowl.
- Transfer lamb, fat-side up, to a second lined oven tray. Use the back of a spoon to spread spice mixture over lamb.
- Roast **lamb** for **15-20 minutes** for medium or until cooked to your liking. Remove from oven, then drizzle over the **honey** and cover with foil to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



Make the garlic yoghurt

- While the lamb is roasting, finely chop garlic.
- Wipe out frying pan, then return to medium-high heat with a drizzle of olive oil. Cook garlic until fragrant, 1 minute.
- Transfer garlic oil to a small bowl, then add Greek-style yoghurt and stir to combine.
 Season to taste and set aside.



Finish the veggies

 When the veggies are done, add baby leaves and a drizzle of white wine vinegar to the tray. Gently toss to combine and season.



Serve up

- · Slice lamb.
- Divide sesame roasted veggie toss between bowls. Top with chermoula-spiced honey lamb. Pour over any resting juices.
- Spoon over garlic yoghurt to serve. Enjoy!







In a baking dish, combine with flavouring as above. Cover with foil and bake for 20 minutes. Uncover and turn. Bake until cooked through, 20-25 minutes.



Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

