



Chermoula-Spiced Honey Lamb Rump

with Sesame Roast Root Veggie Toss & Garlic Yoghurt

Grab your meal kit with this number

29



Lamb Rump



Carrot



Parsnip



Beetroot



Sesame Seeds



Chermoula Spice Blend



Garlic



Greek-Style Yoghurt



Baby Leaves



Chicken Drumsticks



Lamb Rump

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

Carb Smart

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 indulge 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 · Large frying pan

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
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.



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.



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**.



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.



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!



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



CUSTOM OPTIONS



SWAP TO CHICKEN DRUMSTICKS

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.



DOUBLE LAMB RUMP

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.

