

with Braised Baby Carrots & Roast Potatoes

WINTER SPECIAL

KID FRIENDLY

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28



Potato



Baby Rainbow Carrots



Parsnip



Lamb Rump



Red Wine Jus



Gravy Granules



Roasted Almonds



Parsley

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

Every lamb rump needs a gravy and this one is extra special with a red wine jus for a richer flavour. The carrots are getting the special treatment too by braising them for that burst of deliciousness every five-star dinner needs.

Pantry items

Olive Oil, Butter

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

Large frying pan · Oven tray lined with baking paper · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
baby rainbow carrots	1 large packet	2 large packets
parsnip	1	2
lamb rump	1 medium packet	2 medium packets OR 1 large packet
water* (for the veggies)	¼ cup	½ cup
butter* (for the veggies)	20g	40g
red wine jus	1 medium packet	1 large packet
butter* (for the sauce)	20g	40g
gravy granules	1 sachet	2 sachets
boiling water*	½ cup	1 cup
roasted almonds	1 packet	2 packets
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3875kJ (926Cal)	585kJ (140Cal)
Protein (g)	41.9g	6.3g
Fat, total (g)	50.2g	7.6g
- saturated (g)	25.9g	3.9g
Carbohydrate (g)	56.1g	8.5g
- sugars (g)	31.3g	4.7g
Sodium (mg)	766mg	116mg
Dietary Fibre (g)	10.3g	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.



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Trim green tops from **baby rainbow carrots** and scrub them clean.
- Cut **parsnip** into wedges lengthways.
- Score **lamb rump fat** in a criss-cross pattern and season all over with **salt** and **pepper**.



Braise the carrots

- Meanwhile, place **baby carrots**, **parsnip**, the **water (for the veggies)** and **butter (for the veggies)** in a baking dish.
- Season generously with **salt** and **pepper**, then lightly toss to coat.
- Braise **carrots** in the oven until tender, **20-25 minutes**.



Sear the lamb

- 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 minutes**.
- 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.



Make the gravy

- While the **lamb** is resting, boil the kettle.
- In a microwave-safe bowl, add **red wine jus** and **butter (for the sauce)**, then microwave in **30 second** bursts until warmed through.
- Add **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), to the bowl, whisking until smooth. Set aside.
- Crush **roasted almonds** in a mortar and pestle, or in their sachet using a rolling pin until resembling fine crumbs.



Roast the lamb & potatoes

- Place **potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Add **lamb** to one side of the tray, and roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove tray from oven, then transfer **lamb** to a plate and cover with foil. Allow to rest for **10 minutes**.
- Return **potatoes** to the oven and roast until tender, a further **5-10 minutes**.

TIP: The lamb will keep cooking as it rests!

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



Serve up

- Slice the lamb.
- Divide lamb rump, roast potatoes and braised veggies between plates.
- Drizzle red wine gravy over lamb.
- Garnish with roasted almonds and tear over **parsley** to serve. Enjoy!

Little cooks: Add the finishing touch and sprinkle over the parsley and nuts. Enjoy!

Scan here if you have any questions or concerns



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Berry Compote Cheesecake

with Biscuit Crumble

WINTER SPECIAL

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with this number

28



Slivered Almonds



Cream Cheese



Berry Compote

Prep in: 15-25 mins
Ready in: 35-45 mins

This dessert-in-a-glass guarantees a spoonful of bliss, with a luscious creamy cheesecake filling topped with tart berry compote and a crumbly, buttery topping for crunch. It's the perfect answer to your sweet cravings anytime, anywhere!

Pantry items

Butter, Plain Flour, Brown Sugar,
Icing Sugar

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, double the below quantities and store the leftovers in an airtight container.

You will need

Oven tray lined with baking paper · Large frying pan · Four serving glasses or jars

Ingredients

	4 People
butter*	50g
plain flour*	½ cup
brown sugar*	2 tbs
slivered almonds	2 packets
cream cheese	1 packet
icing sugar*	2 tbs
berry compote	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	2839kJ (678Cal)	1626kJ (388Cal)
Protein (g)	12.3g	7g
Fat, total (g)	48.9g	28g
- saturated (g)	22g	12.6g
Carbohydrate (g)	47.5g	27.2g
- sugars (g)	25.5g	14.6g
Sodium (mg)	309mg	177mg
Dietary Fibre (g)	3.6g	2.1g

The quantities provided above are averages only.

*Nutritional information is based on 4 servings.

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Make the crumble

- Preheat oven to **180°C/160°C fan-forced**.
- Cut the **butter** into small cubes.
- In a medium bowl, add the **plain flour, brown sugar and butter**. Using your fingertips, rub **butter** into the **flour** and **sugar** until mixture resembles breadcrumbs.
- Transfer to a lined oven tray and spread out, keeping some clumped together. Bake until golden, **8-10 minutes**. Set aside to cool completely.

TIP: Keep the crumb slightly clumped together on the tray, if it's spread too thin it can burn!



Assemble the cheesecakes

- In a medium bowl, whisk together **cream cheese, icing sugar** and half the **berry compote**.
- Divide **cream cheese mix** between glasses and top with remaining **berry compote**.
- Divide **almond crumb** between cheesecakes.



Toast the almonds

- While the crumb is baking, heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until golden, **3-4 minutes**. Transfer to a small bowl and set aside.
- When butter crumb has cooled, add **toasted almonds** and toss to combine, then store in an airtight container.



Serve up

- Place berry compote cheesecakes in fridge for 20 minutes or until ready to serve. Enjoy!

Scan here if you have any questions or concerns



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