



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



Diced Beetroot



Sesame Seeds



Chermoula Spice Blend



Garlic



Greek-Style Yoghurt



Baby Leaves



Lamb Rump



Beef Rump

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

Carb Smart

Enjoy the tastes of this warming dinner that's sure to transport your taste buds. In one bite you'll be hit with spiced succulent lamb drizzled in honey, roasted veggies and punchy garlic yoghurt. Everyone will want seconds!

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

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
carrot	1	2
parsnip	1	2
diced beetroot	1 medium packet	1 large packet
sesame seeds	1 medium sachet	1 large sachet
chermoula spice blend	1 medium sachet	1 large sachet
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)	8.3g	1.9g

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.

1



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.

2



Roast the veggies

- While the lamb is cooking, cut **carrot** and **parsnip** into bite-sized chunks.
- Place **carrot**, **parsnip** and **diced beetroot** 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**.

3



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!

4



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.

5



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.

6



Serve up

- Slice lamb.
- Divide sesame roasted veggie toss between bowls. Top with chermoula-spiced honey lamb. Pour over any resting juices.
- Serve with a dollop of garlic yoghurt. Enjoy!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE LAMB RUMP

Follow method above, cooking in batches if necessary.



SWAP TO BEEF RUMP

Coat in spice mixture. Cook, turning, for 4-6 minutes for medium. Add honey, rest, then slice before serving.

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

