

Roast Lamb Rump & Navarin-Style Sauce

with Parsley Baby Potatoes, Rainbow Carrots & Green Beans

FRENCH FLAIR

Grab your meal kit with this number

21



Lamb Rump



Baby Rainbow Carrots



Baby Potatoes



Green Beans



Parsley



Vegetable Stock Powder



Leek



Rosemary



Garlic



Cannellini Beans



Tomato Paste



Red Wine Jus



Chicken-Style Stock Powder

Prep in: 30-40 mins
Ready in: 50-60 mins

A roasted lamb rump is always a crowd-pleaser, cooked to perfection and served with a variety of yummy veg. This one, however, has a little something extra: a rich and savoury French-style sauce, enhanced with herbs and a red wine jus. This perfectly balanced sauce transforms any dish into a culinary delight!

Pantry items

Olive Oil, Butter, Brown 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, 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 · Medium saucepan

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
baby rainbow carrots	1 large packet	2 large packets
baby potatoes	1 packet	2 packets
green beans	1 small packet	1 medium packet
parsley	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
butter*	40g	80g
leek	1	2
rosemary	2 sticks	4 sticks
garlic	2 cloves	4 cloves
cannellini beans	½ tin	1 tin
tomato paste	1 packet	2 packets
red wine jus	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water*	½ cup	1 cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3778kJ (903Cal)	413kJ (99Cal)
Protein (g)	52g	5.7g
Fat, total (g)	31.9g	3.5g
- saturated (g)	15.4g	1.7g
Carbohydrate (g)	69g	7.5g
- sugars (g)	20.6g	2.3g
Sodium (mg)	1490mg	163mg
Dietary Fibre (g)	24.6g	2.7g

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.



Sear the lamb

- Preheat oven to **220°C/200°C fan-forced**.
- Lightly score **lamb fat** in a 1cm criss-cross pattern. Season **lamb rump** all over and place, 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**.
- Increase the 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 baby potatoes

- Meanwhile, boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Cut **baby potatoes** into quarters. Trim **green beans**. Finely chop **parsley**.
- Cook **potato** in the boiling water for **6 minutes**. Place a colander or steamer basket on top and add **green beans**.
- Cover and steam until **beans** are tender, and **potatoes** are easily pierced with a fork, for another **7-8 minutes**.
- Transfer **beans** to a bowl. Season and cover to keep warm. Drain and return **potatoes** to saucepan. Add **parsley, vegetable stock powder** and the **butter** and toss to combine. Season to taste.



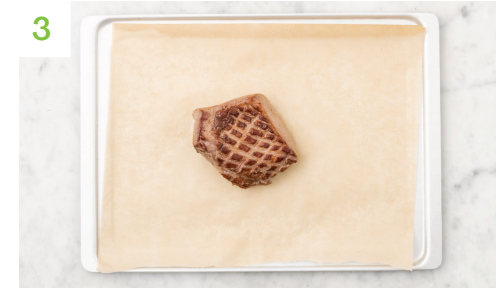
Roast the baby carrots

- Trim green tops from **baby rainbow carrots** and scrub them clean.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until golden and tender, **20-25 minutes**.



Make the sauce

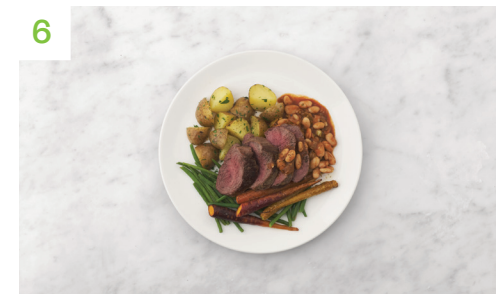
- Thinly slice **leek**. Pick and finely chop **rosemary**. Finely chop **garlic**. Drain and rinse **cannellini beans** (see ingredients).
- Wipe out and return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **leek**, until tender, **4-5 minutes**.
- Add **cannellini beans, garlic, rosemary**, and **tomato paste** and cook until fragrant, **1-2 minutes**.
- Add **red wine jus, chicken-style stock powder**, the **brown sugar** and **water**, and simmer until slightly reduced, **2-3 minutes**.



Roast the lamb

- Transfer seared **lamb**, fat-side up, to a second lined oven tray.
- Roast for **15-20 minutes** for medium or until cooked to your liking. Remove from oven and rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



Serve up

- Slice lamb.
- Divide parsley baby potatoes, green beans and roast baby carrots between plates.
- Top with roast lamb rump and navarin-style sauce to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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