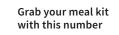


Chermoula-Spiced Roast Lamb with Garlic Veggie Crush, Pear Slaw & Balsamic Glaze

HELLOHERO









Chermoula Spice





Potato

Carrot







Shredded Cabbage





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

Carb Smart





You might need a pair of sunglasses for this meal because it's blinding, especially with garlic, potato and carrot combined into a sunset veggie crush. What goes better with veggies than a lamb roast of course, and this one is succulent, tender and drizzled in a balsamic sauce for a dark tone. Trust us, it tastes just as good as it looks.

Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar, Butter, 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 \cdot Medium saucepan \cdot Oven tray lined with baking paper

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
potato	1	2
carrot	2	4
pear	1	2
garlic	2 cloves	4 cloves
brown sugar*	1 tsp	2 tsp
balsamic vinegar*	1½ tbs	3 tbs
butter*	15g	30g
shredded cabbage mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2690kJ (643cal)	283kJ (68cal)
Protein (g)	36.8g	3.9g
Fat, total (g)	31.2g	3.3g
- saturated (g)	17.7g	1.9g
Carbohydrate (g)	33.8g	3.6g
- sugars (g)	18.5g	1.9g
Sodium (mg)	689mg	72.4mg
Dietary Fibre (g)	9.1g	1g

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 rump fat in a criss-cross pattern.
- Place lamb, fat-side down, in a large frying pan (no need for oil). Place pan over medium heat and cook lamb, undisturbed, until golden, 10-12 minutes.
- Meanwhile, combine chermoula spice blend with a drizzle of olive oil in small bowl. Season with salt and pepper.
- Increase heat to high, then sear lamb on all sides for 30 seconds.

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



Make the veggie crush

- While the lamb is roasting, cook potato and carrot in the boiling water, over high heat, until easily pierced with a fork, 10-15 minutes. Drain the veggies and set aside.
- Return saucepan to medium-high heat with a drizzle of olive oil. Cook garlic until fragrant, 1 minute.
- Remove from heat, then return veggies to the pan, season generously with salt and toss to coat. Lightly crush with a fork, then cover to keep warm.



Get prepped

- While the lamb is cooking, bring a medium saucepan of salted water to the boil.
- Cut potato and carrot into large chunks. Thinly slice pear. Finely chop garlic.



Roast the lamb

- Transfer lamb, fat-side up, to a lined oven tray.
 Use the back of a spoon to spread spice mixture over the lamb.
- Roast for 15-20 minutes for medium or until cooked to your liking.
- Remove lamb from the oven, then cover with foil and set aside to rest for 10 minutes.

TIP: The lamb will keep cooking as it rests!



Make the sauce

- While lamb is resting, wipe out the frying pan and return to medium heat. Cook the brown sugar, balsamic vinegar and a splash of water, until slightly reduced, 1-2 minutes.
- Remove from heat, then stir through the butter and any lamb resting juices. Season to taste.



Serve up

- In a medium bowl, combine pear, shredded cabbage mix and a drizzle of white wine vinegar and olive oil. Season to taste and toss to combine.
- Slice chermoula roasted lamb.
- Divide veggie crush, lamb and pear slaw between plates.
- Spoon balsamic glaze over lamb to serve. Enjoy!



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DOUBLE LAMB RUMP

Follow method above, cooking in batches if necessary.

ADD PEELED & DICED PUMPKIN

Preheat oven to 220°C/200°C fan-forced. Toss with olive oil and salt. Roast until tender, 20-25 minutes. Toss through before serving.

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

