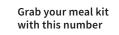


# Chermoula-Spiced Roast Lamb with Garlic Veggie Crush, Pear Slaw & Balsamic Glaze

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

<sup>\*</sup>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.

