



Chermoula-Spiced Roast Lamb

with Garlic Veggie Crush, Pear Slaw & Balsamic Glaze

HELLOHERO

Grab your meal kit with this number

29



Lamb Rump



Chermoula Spice Blend



Potato



Carrot



Pear



Garlic



Shredded Cabbage Mix



Lamb Rump



Peeled & Diced Pumpkin

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

Protein Rich

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 · Medium saucepan · Oven tray 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
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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



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.

CUSTOM OPTIONS

- + DOUBLE LAMB RUMP**
Follow method above, cooking in batches if necessary.



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**.



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.

- 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.



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!



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!

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

