

# Roast Lamb Rump & Salsa Verde

with Garlicky Potatoes & Slaw

HELLOHERO

Grab your meal kit with this number

29



Lamb Rump



Potato



All-American Spice Blend



Mint



Chilli Flakes (Optional)



Carrot



Shredded Cabbage Mix



Mayonnaise



Lamb Rump



Diced Bacon

Prep in: 15-25 mins  
Ready in: 40-50 mins

 Protein Rich

This is a dazzling twist on a classic Sunday roast with all the trimmings. Lamb rump, cooked to pinky perfection, golden spiced potatoes, a zesty salsa verde and crunchy slaw. Is your mouth watering yet? Time to get this in the oven!

### Pantry items

Olive Oil, 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
<b>olive oil*</b>	refer to method	refer to method
lamb rump	1 medium packet	2 medium packets OR 1 large packet
potato	2	4
All-American spice blend	1 medium sachet	1 large sachet
mint	1 packet	1 packet
chilli flakes (optional)	1 pinch	1 pinch
carrot	1	2
shredded cabbage mix	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3041kJ (727cal)	326kJ (78cal)
Protein (g)	38.2g	4.1g
Fat, total (g)	36g	3.9g
- saturated (g)	15.9g	1.7g
Carbohydrate (g)	42.8g	4.6g
- sugars (g)	21.8g	2.3g
Sodium (mg)	789mg	84.7mg
Dietary Fibre (g)	7.2g	0.8g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Start the lamb

- Preheat oven to **240°C/220°C fan-forced**.
- Lightly score fat of **lamb rump** in a criss-cross pattern. Season **lamb** on both sides.
- In a large frying pan, place **lamb** fat-side down. Place pan over medium heat and cook **lamb**, undisturbed, until golden, **10-12 minutes**. Increase heat to high, then sear **lamb** on all sides for **30 seconds**.



## Make the salsa verde

- While the lamb is roasting, pick and thinly slice **mint leaves (see ingredients)**.
- In a small bowl, combine **mint, olive oil** (2 tbs 2 people / ¼ cup 4 people) and a pinch of **chilli flakes** (if using). Season and set aside.



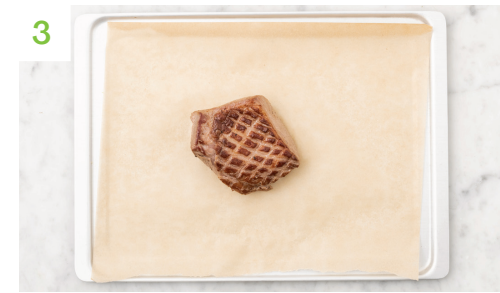
## Roast the potatoes

- While the lamb is cooking, cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **All-American spice blend** and season with **salt**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



## Toss the slaw

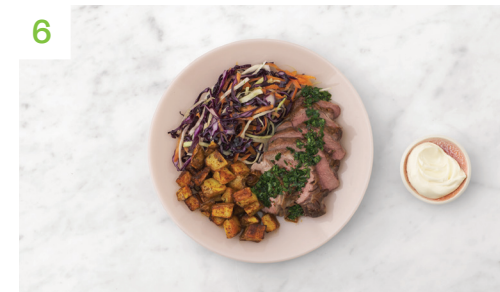
- Grate **carrot**.
- In a large bowl, combine **carrot, shredded cabbage mix** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



## Roast the lamb

- Meanwhile, transfer **lamb**, fat-side up, to a second lined oven tray. Roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove **lamb** from the oven, cover with foil and set aside to rest for **10 minutes**.

**TIP:** The lamb will keep cooking as it rests!



## Serve up

- Slice roast lamb rump.
- Divide garlicky potatoes, slaw and lamb between plates. Top lamb with salsa verde.
- Serve with **mayonnaise**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW43



### CUSTOM OPTIONS

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

**+ ADD DICED BACON**  
Sprinkle over potatoes in last 5 minutes of cooking time.

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

