



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



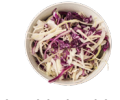
Mint



Chilli Flakes (Optional)



Carrot



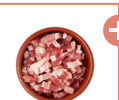
Shredded Cabbage Mix



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 zingy 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
olive oil*	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	½ large packet	1 large packet
chilli flakes (optional)	1 pinch	1 pinch
carrot	1	2
shredded cabbage mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3070kJ (734cal)	328kJ (79cal)
Protein (g)	38.2g	4.1g
Fat, total (g)	35.9g	3.8g
- saturated (g)	15.9g	1.7g
Carbohydrate (g)	44.7g	4.8g
- sugars (g)	22.4g	2.4g
Sodium (mg)	740mg	79.2mg
Dietary Fibre (g)	6.6g	0.7g

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.

1



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**.

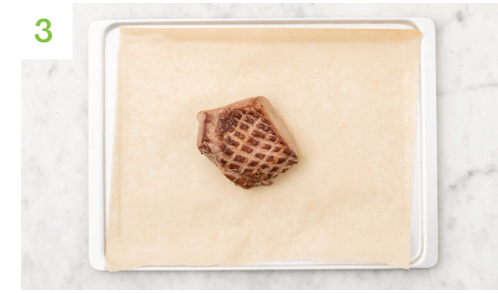
2



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**.

3



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!

4



Make the salsa verde

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

5



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.

6



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 | CW45



CUSTOM OPTIONS

+ DOUBLE LAMB RUMP

Follow method above, spreading lamb over two oven trays 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.

