



# Peppercorn Lamb Rump

with Veggie Fries & Cucumber Salad

HELLOHERO

Grab your meal kit with this number

29



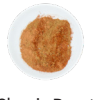
Lamb Rump



Beetroot



Carrot



Classic Roast Seasoning



Cucumber



Mixed Salad Leaves



Balsamic Glaze



Mayonnaise



Lamb Rump



Salmon

Prep in: 15-25 mins  
Ready in: 45-55 mins



Protein Rich



Carb Smart

You know you're in for a good night when the only thing standing between you and this classy lamb dish is a matter of minutes. With only the most tender lamb rump cut, a punchy pepper crusting and baked veggie fries, you just can't go wrong.

### Pantry items

Olive Oil, Cracked Black Pepper



## 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
beetroot	1	2
carrot	2	4
classic roast seasoning	1 medium sachet	1 large sachet
<b>cracked black pepper*</b>	¼ tsp	½ tsp
cucumber	1 (medium)	1 (large)
mixed salad leaves	1 small packet	1 medium packet
balsamic glaze	½ packet	1 packet
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2692kJ (496cal)	496kJ (91cal)
Protein (g)	35.5g	6.5g
Fat, total (g)	38g	7g
- saturated (g)	16.2g	3g
Carbohydrate (g)	23g	4.2g
- sugars (g)	15.5g	2.9g
Sodium (mg)	968mg	178.3mg
Dietary Fibre (g)	9.9g	1.8g

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.

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## Sear the lamb

- Preheat oven to **220°C/200°C fan-forced**.
- Lightly score **lamb rump** fat in a 1cm criss-cross pattern. Season **lamb** all over with **salt** and **pepper**, then place, fat-side down, in a large frying pan.
- Place the pan over medium heat and cook, undisturbed, until golden, **10-12 minutes**. Increase heat to high and sear **lamb** on all sides for **30 seconds**.

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

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## Roast the lamb

- Place **lamb** on a second lined oven tray and use the back of a spoon to spread **pepper mixture** over the **lamb**.
- Roast **lamb** for **15-20 minutes** for medium or until cooked to your liking.
- Remove **lamb** from oven, then cover with foil to rest for **10 minutes**.
- Meanwhile, thinly slice **cucumber** into half-moons.
- In a medium bowl, add **mixed salad leaves** and **balsamic glaze**. Toss to coat. Season to taste.

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

### CUSTOM OPTIONS



#### DOUBLE LAMB RUMP CAP ON

Follow method above, cooking in batches if necessary.



#### SWAP TO SALMON

Cook over high heat with a drizzle of olive oil, skin-side down first, until just cooked through, 2-4 minutes each side.

2



## Bake the veggie fries

- While the lamb is cooking, cut **beetroot** and **carrot** into fries.
- Place **veggie fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **classic roast seasoning** and season. Toss to coat, spread out evenly, then bake until tender, **25-30 minutes**.
- **SPICY!** Peppercorns can be spicy, use less if you're sensitive to heat! In a small bowl, combine the **cracked black pepper** and a drizzle of **olive oil**.

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## Serve up

- Slice peppercorn roasted lamb rump.
- Divide lamb, spiced veggie fries and cucumber salad between plates.
- Pour any resting juices over lamb. Serve with a dollop of **mayonnaise**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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

