



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

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

Two oven trays lined with baking paper · Large frying pan

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
beetroot	1	2
carrot	2	4
classic roast seasoning	1 medium sachet	1 large sachet
cracked black pepper*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Top Roast Tips!

1. Remove roast from packaging and set aside at room temperature 15 minutes before cooking.
2. Use paper towel to pat dry before seasoning.
3. Check if meat is done by pressing on it gently with tongs - rare is soft, medium is springy and well-done is firm.
4. Let roast rest on a plate for 10 minutes before slicing.

1



Sear the lamb

- See 'Top Roast Tips' (bottom left)! 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**.

3



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, cucumber and balsamic glaze**. Toss to coat. Season to taste.

TIP: The meat will keep cooking as it rests!

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 **black cracked pepper** and a drizzle of **olive oil**.

4



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

2024 | CW51



CUSTOM OPTIONS



DOUBLE LAMB RUMP

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.

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

