



Lamb Rump & Baby Potato Dauphinoise

with Red Wine Jus & Green Bean Kale Salad

FESTIVE MAIN

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with this number

37



Baby Potatoes



Garlic



Cream



Dijon Mustard



Vegetable Stock
Powder



Grated Parmesan
Cheese



Shredded Cheddar
Cheese



Green Beans



Onion



Thyme



Lamb Rump



Red Wine
Jus



Baby Kale



Slivered Almonds

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

Celebrate the season with a succulent lamb rump, served alongside rich, creamy baby potato dauphinoise and a luscious red wine jus. Paired with a vibrant green bean and kale salad, this festive dish is the perfect blend of indulgence and holiday cheer!

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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 saucepan · Large frying pan · Small baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby potatoes	1 packet	2 packets
garlic	2 cloves	4 cloves
cream	½ packet	1 packet
Dijon mustard	½ medium packet	1 medium packet
vegetable stock powder	1 medium sachet	1 large sachet
grated Parmesan cheese	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
green beans	1 medium packet	1 large packet
onion	½	1
thyme	1 packet	1 packet
lamb rump	1 medium packet	2 medium packets OR 1 large packet
red wine jus	1 medium packet	1 large packet
baby kale	1 medium packet	2 medium packets
vinegar* (white wine or balsamic)	drizzle	drizzle
slivered almonds	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4734kJ (1131Cal)	635kJ (151Cal)
Protein (g)	53.4g	7.2g
Fat, total (g)	72.3g	9.7g
- saturated (g)	37.2g	5g
Carbohydrate (g)	43.4g	5.8g
- sugars (g)	10.4g	1.4g
Sodium (mg)	1170mg	157mg
Dietary Fibre (g)	13.4g	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW52



Start the dauphinoise

- See '**Top Roast Tips!**' (below).
- Preheat oven to **220°C/200°C fan-forced**.
- Boil the kettle. Half-fill a large saucepan with boiling water.
- Cut **baby potatoes** into 0.5cm-thick rounds. Thinly slice **garlic**.
- Cook **potatoes** in the boiling water, over high heat, until just tender, **4-6 minutes**. Drain.
- In a small bowl, combine **cream** (see ingredients), **Dijon mustard** (see ingredients), **vegetable stock powder**, **grated Parmesan cheese**, **shredded Cheddar cheese** and a pinch of **salt** and **pepper**. Set aside.



Roast the lamb

- Transfer **lamb**, fat-side up, to a lined oven tray.
- Roast for **15-20 minutes** for medium or until cooked to your liking. Remove from oven and rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!

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.



Get prepped

- Meanwhile, trim **green beans**. Thinly slice **onion** (see ingredients). Pick **thyme leaves**.
- Lightly score **lamb rump fat** in a 1cm criss-cross pattern. Season **lamb** all over with **salt** and **pepper** and place, fat-side down, in a large frying pan (no need for oil!).
- Place 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.



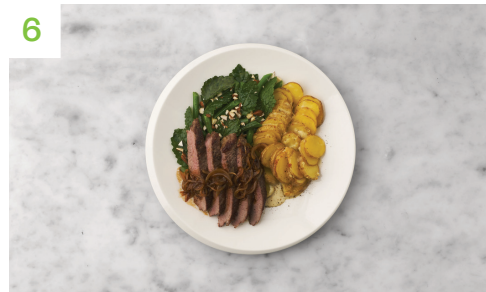
Bring it all together

- Meanwhile, wash and dry the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **green beans**, tossing, until tender, **4-6 minutes**. Transfer to a large bowl and allow to cool slightly.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until tender, **4-5 minutes**. Remove pan from heat, then stir in **red wine jus** and a splash of **water**.



Bake the dauphinoise

- Arrange **sliced potatoes** and **garlic** standing upright in a small baking dish (they should fit snugly so they stay upright). Season with **salt** and **pepper**. Pour over **cream mixture**, then gently shake the dish to coat potatoes.
- Sprinkle with **thyme** and cover with foil. Bake until potatoes have softened, **14-16 minutes**.
- Remove foil, then return **potatoes** to oven. Bake until golden and the potatoes can be easily pierced with a fork, **10-12 minutes**.



Serve up

- Add **baby kale** to the green beans, along with a drizzle of **vinegar** and olive oil. Toss to coat and season to taste.
- Slice lamb.
- Divide lamb rump, baby potato dauphinoise and green bean kale salad between plates.
- Garnish salad with **slivered almonds**.
- Serve lamb with red wine jus. Enjoy!

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