



# Tender Lamb Rump & Mushroom Red Wine Sauce with Dauphinoise Potatoes & Garlicky Green Beans

GOURMET

Grab your meal kit  
with this number

37



Lamb Rump



Classic Roast  
Seasoning



Potato



Garlic



Cream



Chicken-Style  
Stock Powder



Grated Parmesan  
Cheese



Button Mushrooms



Green Beans



Red Wine  
Jus

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

Lamb rump is usually served drizzled in a mint sauce, but we dare you to try out this mushroom red wine sauce, decadent and rich. Pair it with dauphinoise potatoes, delicately layer with cream and cheese for the ultimate flavour stack.

## Pantry items

Olive Oil

## 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 · Oven tray lined with baking paper · Medium saucepan · Medium baking dish

## 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
classic roast seasoning	1 medium sachet	1 large sachet
potato	2	4
garlic	3 cloves	6 cloves
cream	½ packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
grated Parmesan cheese	1 medium packet	1 large packet
button mushrooms	1 medium packet	1 large packet
green beans	1 small packet	1 medium packet
red wine jus	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3973kJ (949Cal)	595kJ (142Cal)
Protein (g)	46.2g	6.9g
Fat, total (g)	57.2g	8.6g
- saturated (g)	32.3g	4.8g
Carbohydrate (g)	35.6g	5.3g
- sugars (g)	6.6g	1g
Sodium (mg)	1374mg	206mg
Dietary Fibre (g)	8.4g	1.3g

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.

## Fancy a drop?

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## 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.

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



## Cook the lamb

1. **See 'Top Roast Tips! (below left)'**.
2. Preheat oven to **220°C/200°C fan-forced**.
3. Lightly score **lamb rump fat** in a criss-cross pattern. Place **lamb**, 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**.
4. Meanwhile, in a small bowl, combine **classic roast seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
5. Increase heat of the pan to high and sear **lamb** on all sides for **30 seconds**. Transfer **lamb**, fat-side up, to a lined oven tray. Use the back of a spoon to spread **seasoning mixture** over the lamb. Roast **lamb** for **15-20 minutes** for medium or until cooked to your liking. Remove from the oven, cover with foil and set aside to rest for **10 minutes**.



## Cook the garlic beans

1. While the potatoes are baking, thinly slice **button mushrooms**. Trim **green beans**.
2. Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **green beans**, tossing, until tender, **4-5 minutes**.
3. Add remaining **garlic** and cook until fragrant, **1 minute**. Season to taste. Transfer onto a plate and cover to keep warm.



## Prep the potatoes

1. While the lamb is roasting, bring a medium saucepan of salted water to the boil.
2. Slice **potato** into 0.5cm-thick rounds.
3. Finely chop **garlic**.
4. Cook **potato** in the boiling water, over high heat, until just tender, **4-6 minutes**. Drain **potato**, then return to the saucepan.
5. In a second small bowl, combine **cream (see ingredients)**, **chicken-style stock powder**, half the **garlic** and a pinch of **salt** and **pepper**. Set aside.



## Make the sauce

1. Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **mushrooms** until browned and softened, **8-10 minutes**.
2. Add **red wine jus** and splash of **water**, then simmer for **1-2 minutes**. Season to taste.



## Bake the potatoes

1. In a baking dish, arrange **potato slices** so they sit flat. Pour over **cream mixture**, then gently shake the dish to coat **potatoes**.
2. Sprinkle with **grated Parmesan cheese**. Cover with foil. Bake until potatoes have softened, **14-16 minutes**.
3. Remove foil from dish, then return **potatoes** to the oven. Bake until golden and the centre can be easily pierced with a fork, a further **10-12 minutes**.



## Finish & serve

1. Slice lamb.
2. Divide tender lamb rump, dauphinoise potatoes and garlicky green beans between plates.
3. Top lamb with mushroom red wine sauce to serve. Enjoy!

## Rate your recipe

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