



# 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



Grated Parmesan Cheese



Lamb Rump

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

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<br>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)       | 2754kJ (658Cal) | 508kJ (121Cal) |
| Protein (g)       | 35.8g           | 6.6g           |
| Fat, total (g)    | 38.2g           | 7g             |
| - saturated (g)   | 15.4g           | 2.8g           |
| Carbohydrate (g)  | 27.2g           | 5g             |
| - sugars (g)      | 17.4g           | 3.2g           |
| Sodium (mg)       | 970mg           | 179mg          |
| Dietary Fibre (g) | 9.5g            | 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.

## Top Steak Tips!

1. Remove steak from packaging and set aside at room temperature 15 minutes before cooking.
2. Use paper towel to pat steak dry before seasoning.
3. Check if steak is done by pressing on it gently with tongs: rare steak is soft, medium is springy and well-done is firm.
4. Let steak rest on a plate for 5 minutes before slicing.

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



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## Sear the lamb

- See **'Top Steak Tips!'** (below 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**.

**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 **peppercorn 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** (see ingredients). Toss to coat. Season to taste.

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

## CUSTOM OPTIONS



### ADD GRATED PARMESAN CHEESE

When fries have 5 minutes remaining, sprinkle with cheese. Continue baking until melted.



### DOUBLE LAMB RUMP

Follow method above.

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

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## Finish & serve

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

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

