








Chermoula Roasted Lamb & Balsamic Sauce

with Garlic Veggie Mash & Apple Salad

Grab your Meal Kit with this symbol




-  Chermoula Spice Blend
-  Carrot
-  Garlic
-  Lamb Rump
-  Potato
-  Apple
-  Salad Leaves

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

 Carb Smart

You might need a pair of sunglasses for this meal because it's blinding, especially with garlic, potato and carrot combined into a sunset mash. What's goes best with a mash than a lamb roast of course and this one is succulent, tender and drizzled in a balsamic sauce for a dark tone. Trust us, it tastes just as good as it looks.

Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar, Butter, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium saucepan · Oven tray lined with baking paper

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| lamb rump | 1 packet | 1 packet |
| chermoula spice blend | 1 sachet | 1 sachet |
| potato | 1 | 2 |
| carrot | 2 | 4 |
| apple | 1 | 2 |
| garlic | 3 cloves | 6 cloves |
| brown sugar* | 1 tsp | 2 tsp |
| balsamic vinegar* | 1½ tbs | 3 tbs |
| butter* | 20g | 40g |
| salad leaves | 1 small bag | 1 medium bag |
| white wine vinegar* | drizzle | drizzle |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2647kJ (633Cal) | 577kJ (138Cal) |
| Protein (g) | 34.6g | 7.5g |
| Fat, total (g) | 33.6g | 7.3g |
| - saturated (g) | 19.5g | 4.3g |
| Carbohydrate (g) | 29.1g | 6.3g |
| - sugars (g) | 12.9g | 2.8g |
| Sodium (mg) | 691mg | 151mg |
| Dietary Fibre (g) | 8.3g | 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.



Sear the lamb

- Preheat oven to **220°C/200°C fan-forced**.
- 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 **lamb**, undisturbed, until golden, **10-12 minutes**.
- Meanwhile, combine **chermoula spice blend** with a drizzle of **olive oil** in small bowl. Season with **salt** and **pepper**.
- Increase heat to high, then sear **lamb** on all sides for **30 seconds**.

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



Make the veggie mash

- While the lamb is roasting, cook **potato**, **carrot** and **garlic** in the boiling water until easily pierced with a fork, **10-15 minutes**.
- Drain, then return **veggies** and **garlic** to the saucepan. Drizzle with **olive oil** and season generously with **salt**.
- Mash until smooth, then cover to keep warm.



Get prepped

- While the lamb is cooking, bring a medium saucepan of salted water to the boil.
- Peel **potato** and **carrot**, then cut both into large chunks. Thinly slice **apple**. Peel **garlic** cloves.



Roast the lamb

- Transfer **lamb**, fat-side up, to a lined oven tray. Use the back of a spoon to spread **spice mixture** over the **lamb**.
- Roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove **lamb** from the oven, then cover with foil and set aside to rest for **10 minutes**.

TIP: The lamb will keep cooking as it rests!



Make the sauce

- While lamb is resting, wipe out the frying pan and return to medium heat. Cook the **brown sugar**, **balsamic vinegar** and a splash of **water** until slightly reduced, **1-2 minutes**.
- Remove from heat, then stir through the **butter** and any **lamb resting juices**. Season to taste.



Serve up

- In a medium bowl, combine apple, **salad leaves** and a drizzle of **white wine vinegar** and olive oil. Season and toss to combine.
- Slice chermoula lamb.
- Divide garlic veggie mash, chermoula roasted lamb and apple salad between plates.
- Spoon balsamic sauce over lamb to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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