



English Lamb Roast & Peppercorn Sauce

with Rosemary Potatoes & Cheesy Baked Cauliflower

Grab your Meal Kit with this symbol



Lamb Rump



Rosemary



Potato



Nan's Special Seasoning



Cauliflower



Longlife Cream



Chicken-Style Stock Powder



Shredded Cheddar Cheese



Asparagus



Garlic



Peppercorn Sauce

Hands-on: 35-45 mins
Ready in: 50-60 mins

A roast lamb is a signature when it comes to a classic English roast dinner. We've paired ours with a delightful peppercorn sauce, which will soak into the tender meat as it's served. With oven-roasted spuds and a creamy cauliflower bake, sitting down to enjoy this dish will be the most satisfying part of your day - we guarantee it!

Pantry items

Olive Oil

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 · Two oven trays lined with baking paper · Medium saucepan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 packet	1 packet
rosemary	1 stick	2 sticks
potato	2	4
Nan's special seasoning	1 sachet	1 sachet
cauliflower	1 portion (200g)	1 portion (400g)
longlife cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
asparagus	1 bunch	2 bunches
garlic	1 clove	2 cloves
peppercorn sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5474kJ (1308Cal)	654kJ (156Cal)
Protein (g)	52g	6.2g
Fat, total (g)	88.5g	10.6g
- saturated (g)	54g	6.5g
Carbohydrate (g)	55g	6.6g
- sugars (g)	27.2g	3.2g
Sodium (mg)	1848mg	221mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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1 Sear the lamb

Preheat the oven to **220°C/200°C fan-forced**. Lightly score the **fat** of the **lamb rump** in a criss-cross pattern and season on all sides. Place the **lamb**, fat-side down, in a large frying pan (no need for oil). Place the pan over a medium heat and cook, undisturbed, until golden, **10-12 minutes**. Increase the heat to high and sear the **lamb rump** on all sides for **30 seconds**.

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



4 Bake the cheesy cauliflower

While the lamb is roasting, bring a medium saucepan of salted water to the boil. Cut the **cauliflower** into small florets. Cook the **cauliflower** in the boiling water until tender, **3-4 minutes**. Meanwhile, combine the **longlife cream** (see ingredients) and **chicken-style stock powder** in a medium bowl. Drain the **cauliflower**, then transfer to a baking dish and pour over the **creamy sauce**. Sprinkle over the **shredded Cheddar cheese** and bake on the top oven rack until golden and bubbling, **10-12 minutes**.



2 Roast the potatoes

While the lamb is cooking, pick the **rosemary** leaves and finely chop. Cut the **potato** into bite-sized chunks. Place the **rosemary** and **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.



5 Cook the peppercorn sauce

While the cauliflower is baking, trim the ends of the **asparagus**. Finely chop the **garlic**. Wipe out the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **asparagus** until softened, **3-4 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Season, transfer to a plate and cover to keep warm. Return the frying pan to a medium-high heat, then add the **peppercorn sauce** with a splash of **water** and cook until heated through, **1-2 minutes**.

TIP: Add a splash more water if the sauce looks too thick.



3 Roast the lamb

While the potatoes are roasting, transfer the **lamb**, fat-side up, to a second lined oven tray. In a small bowl, combine **Nan's special seasoning** and a splash of **water**. Use the back of a spoon to spread the **spice mixture** over the **lamb**. Roast the **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**.

TIP: The lamb will keep cooking as it rests!



6 Serve up

Slice the roast lamb. Divide the lamb, rosemary potatoes, cheesy baked cauliflower and sautéed asparagus between plates. Spoon over the peppercorn sauce to serve.

Enjoy!