



Korean-Glazed Roast Lamb Rump

with Creamy Garlic Slaw & Crispy Shallots

Grab your Meal Kit with this symbol



Lamb Rump



Baby Spinach Leaves



Cucumber



Garlic



Korean Stir-Fry Sauce



Mayonnaise



Shredded Cabbage Mix



Crispy Shallots

Hands-on: **20-30 mins**
 Ready in: **40-50 mins**

Carb Smart

You know you're in for a good night when the only thing standing between you and this classy low carb lamb dish is a matter of searing and roasting. With only the most tender lamb rump cut, sticky Korean-style glaze and a garlic-infused creamy slaw, you just can't go wrong.

Pantry items

Olive Oil, Sesame Oil, Rice 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 · 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
baby spinach leaves	1 bag (30g)	1 bag (60g)
cucumber	1 (medium)	1 (large)
garlic	1 clove	2 cloves
Korean stir-fry sauce	½ medium packet	1 medium packet
mayonnaise	1 packet (40g)	1 packet (80g)
shredded cabbage mix	1 bag (150g)	1 bag (300g)
sesame oil*	drizzle	drizzle
rice wine vinegar*	drizzle	drizzle
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2606kJ (623Cal)	662kJ (158Cal)
Protein (g)	33.9g	8.6g
Fat, total (g)	38.5g	9.8g
- saturated (g)	17.1g	4.3g
Carbohydrate (g)	14.4g	3.7g
- sugars (g)	8g	2g
Sodium (mg)	661mg	168mg
Dietary Fibre (g)	4.63g	1.2g

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 the oven to **220°C/200°C fan-forced**. Lightly score the **fat** of the **lamb rump** in a criss-cross pattern, then season the **lamb** 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** on all sides for **30 seconds**.

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



Get prepped

While the lamb is cooking, roughly chop the **baby spinach leaves** and **cucumber**. Finely chop the **garlic**.



Roast the lamb

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



Flavour the lamb

Remove the **lamb** from the oven, top with the **Korean stir-fry sauce** (see ingredients), cover with foil and set aside to rest for **10 minutes**.

TIP: The lamb will keep cooking as it rests!



Make the slaw

While the lamb is resting, wipe out the frying pan and return to a medium heat with a generous drizzle of **olive oil**. Cook the **garlic** until fragrant, **1 minute**. Transfer the **garlic oil** to a large bowl. Add the **mayonnaise**, **shredded cabbage mix**, **cucumber**, **baby spinach**, **sesame oil** and **rice wine vinegar** to the **garlic oil**. Season to taste and toss to combine.



Serve up

Slice the Korean-glazed roast lamb. Divide the creamy garlic slaw between bowls. Top with the lamb and spoon over any resting juices. Garnish with the **crispy shallots** to serve.

Enjoy!