



# Seared Lamb Rump & Parsnip Mash

with Creamy Honey Mustard Sauce

Grab your Meal Kit with this symbol



Lamb Rump



Potato



Parsnip



Green Beans



Carrot



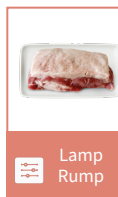
Garlic



Longlife Cream



Wholegrain Mustard



Lamb Rump

Hands-on: 20-30 mins  
Ready in: 35-45 mins

What's the secret to moist, tender and extra-tasty lamb? Use a cut with the cap of fat still on, so the meat stays juicy while roasting. Bring extra flavour with a creamy honey mustard sauce, plus some parsnip mash and you've got a restaurant-quality dish made by yours truly.



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

## Pantry items

Olive Oil, Butter, Milk, Honey

## 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

Medium saucepan · 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
potato	2	4
parsnip	1	2
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
garlic	3 cloves	6 cloves
butter*	40g	80g
milk*	2½ tbs	5 tbs
salt*	¼ tsp	½ tsp
longlife cream	½ bottle (125ml)	1 bottle (250ml)
wholegrain mustard	½ packet (20g)	1 packet (40g)
honey*	1 tsp	2 tsp
lamb rump**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

### Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4280kJ (1022Cal)	630kJ (150Cal)
Protein (g)	41.4g	6.1g
Fat, total (g)	66.4g	9.8g
- saturated (g)	40.2g	5.9g
Carbohydrate (g)	46.3g	6.8g
- sugars (g)	14.5g	2.1g
Sodium (mg)	720mg	106mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6065kJ (1449Cal)	710kJ (169Cal)
Protein (g)	72.6g	8.5g
Fat, total (g)	91.4g	10.7g
- saturated (g)	54.5g	6.4g
Carbohydrate (g)	46.3g	5.4g
- sugars (g)	14.5g	1.7g
Sodium (mg)	839mg	98mg

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.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

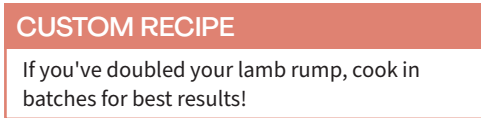
2021 | CW29



## Start the lamb

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of lightly salted water to the boil. Lightly score the **lamb fat** in a 1cm criss-cross pattern, then season with **salt** and **pepper**. Place the **lamb**, fat-side down, in a large frying pan. Place the frying pan over a medium heat and cook the **lamb**, 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.



## Cook the veggies

While the potato and parsnip are cooking, return the frying pan to a medium-high heat. Cook the **green beans** and **carrot** with a splash of **water**, tossing, until tender, **4-5 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Season to taste. Transfer to a plate.



## Roast the lamb

While the lamb is cooking, peel the **potato** and cut into large chunks. Peel the **parsnip** and cut into small chunks. Trim the **green beans**. Cut the **carrot** into thin sticks. Finely chop the **garlic**. Transfer the **lamb**, fat-side up, to a lined oven tray. Roast for **15-20 minutes** for medium or until cooked to your liking. Remove the lamb from the oven, cover with foil and set aside to rest.

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



## Make the honey mustard sauce

Return the frying pan to a medium heat (no need to wash out the pan!). Cook the remaining **garlic** until fragrant, **1 minute**. Add the **longlife cream**, **wholegrain mustard** (see ingredients) and **honey** and cook, stirring, until slightly thickened, **1-2 minutes**. Season to taste.

**TIP:** Add less mustard if you're not a fan.



## Make the parsnip mash

Cook the **potato** and **parsnip** in the boiling water until easily pierced with a knife, **15 minutes**. Drain the **potato** and **parsnip**, then return to the saucepan. Add the **butter**, **milk** and the **salt**, then season with **pepper**. Mash until smooth. Cover to keep warm.



## Serve up

Slice the lamb rump and season to taste. Divide the lamb, parsnip mash and veggies between plates. Drizzle with the creamy honey mustard sauce.

## Enjoy!