



# Mumbai Lamb Rump & Curry Sauce

with Bombay Roasted Potato & Garlic Veggies

GOURMET

Grab your Meal Kit with this symbol



Potato



Brown Mustard Seeds



Mumbai Spice Blend



Baby Cauliflower



Capsicum



Garlic



Lemon



Bengal Curry Paste



Coconut Milk



Chicken-Style Stock Powder



Lamb Rump

### Recipe Update

The recent weather conditions across New Zealand have 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: 25-35 mins  
Ready in: 40-50 mins

A soft breeze, a warm summer day and a slice of succulent lamb rump are all you need to tie together one great dinner. But why not add a few tasty extras like a Bengali sauce and why not add a warm touch to the potato by roasting it in mustard seeds.

### Pantry items

Olive Oil, Brown Sugar

## Before you start

wash your hands and any fresh food

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 packet	1 packet
potato	2	4
brown mustard seeds	1 sachet	1 sachet
Mumbai spice blend	1 sachet	2 sachets
baby cauliflower	1 bag	1 bag
capsicum	1	2
garlic	2 cloves	4 cloves
lemon	½	1
Bengal curry paste	1 medium packet	1 large packet
coconut milk	1 packet (180ml)	2 packets (360ml)
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
<b>brown sugar*</b>	1 tsp	2 tsp

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3563kJ (852Cal)	581kJ (139Cal)
Protein (g)	38.8g	6.3g
Fat, total (g)	44.4g	7.2g
- saturated (g)	28.2g	4.6g
Carbohydrate (g)	51.5g	8.4g
- sugars (g)	21.4g	3.5g
Sodium (mg)	1159mg	189mg

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.

## Fancy a drop?

We recommend pairing this meal with Dry Riesling or Grüner Veltliner.



### 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, 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.



### Cook the garlic veggies

- Trim **baby cauliflower**. Cut **capsicum** into thin strips. Finely chop **garlic**. Slice **lemon** into wedges.
- Wipe out the frying pan, then return to medium-high heat a drizzle of **olive oil**. Cook **baby cauliflower** and **capsicum** until tender, **5-6 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Transfer **garlic veggies** to a bowl, then add a generous squeeze of **lemon juice** and cover to keep warm.



### Roast the potato

- Meanwhile, cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Sprinkle over **brown mustard seeds**, drizzle generously with **olive oil** and toss to coat. Season with **salt** and **pepper**.
- Roast until tender, **20-25 minutes**.



### Make the curry sauce

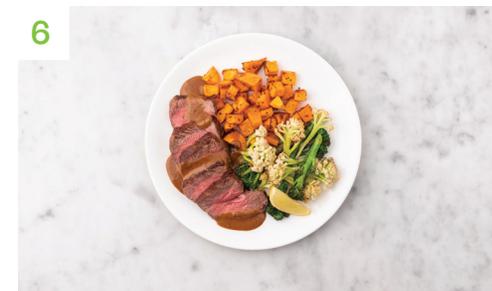
- Return the pan to medium-high heat with a drizzle of **olive oil**.
- Add **Bengal curry paste**, **coconut milk**, **chicken-style stock powder** and the **brown sugar**, stir to combine and simmer until slightly reduced, **3-4 minutes**.



### Roast the lamb

- In a small bowl, combine **Mumbai spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- Transfer **lamb**, fat-side up, to a second lined oven tray. Spoon over **spice mixture** and roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove **lamb** from the oven, cover with foil and set aside to rest for **10 minutes**.

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



### Serve up

- Slice lamb rump.
- Divide Mumbai lamb rump, Bombay roasted potato and garlic veggies between plates.
- Pour curry sauce over lamb. Serve with any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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