



# Lamb Rump & Parsnip Mash

with Roasted Veggies & Lemony Sauce

Grab your Meal Kit with this symbol



Lamb Rump



Beef-Style Stock Powder



Red Onion



Carrot



Brussels Sprouts



Rustic Herb Spice Blend



Garlic



Lemon



Potato



Parsnip



Parsley

Hands-on: **25-35 mins**  
Ready in: **30-40 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, then drizzle over a lemon-infused sauce for a subtle boost of citrus. Bring extra colour and flavour with an array of roasted veggies, plus creamy parsnip mash and you've got a restaurant-quality dish made by yours truly!

## Pantry items

Olive Oil, Butter, Milk

## 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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 packet	1 packet
beef-style stock powder	½ sachet (2.5g)	1 sachet (5g)
red onion	1 (medium)	1 (large)
carrot	1	2
Brussels sprouts	1 bag	1 bag
rustic herb spice blend	1 sachet	1 sachet
garlic	2 cloves	4 cloves
lemon	½	1
potato	2	4
parsnip	1	2
butter* (for the mash)	20g	40g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
butter* (for the sauce)	40g	80g
parsley	½ bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4088kJ (977Cal)	560kJ (134Cal)
Protein (g)	42.5g	5.8g
Fat, total (g)	57.1g	7.8g
- saturated (g)	31.6g	4.3g
Carbohydrate (g)	52.6g	7.2g
- sugars (g)	16.7g	2.3g
Sodium (mg)	949mg	130mg

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)

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## Cook the lamb rump

Preheat the oven to **220°C/200°C fan-forced**. Lightly score the fat on the **lamb rump** in a 1cm criss-cross pattern. Season the **lamb** all over with the **beef-style stock powder** (see ingredients) and place, fat-side down, in a large frying pan. Place the pan over a medium heat and cook undisturbed until golden, **10-12 minutes**. Increase the heat to high, then sear the **lamb rump** on all sides for **30 seconds**. 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 from the oven and cover with foil to rest for **10 minutes**.

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

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



## 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** and set aside. Return the saucepan to a medium-high heat with a drizzle of **olive oil** and the **butter (for the mash)**. Cook 1/2 the **garlic**, stirring, until fragrant, **1 minute**. Remove from the heat. Return the **potato** and **parsnip** to the pan, then add the **milk** and the **salt** and mash until smooth. Set aside and cover to keep warm.



## Roast the veggies

While the lamb is cooking, bring a medium saucepan of lightly salted water to the boil. Cut the **red onion** into wedges. Cut the **carrot** into bite-sized chunks. Cut the **Brussels sprouts** in half. Place the **onion**, **carrot** and **Brussels sprouts** on a second lined oven tray, drizzle with **olive oil** and sprinkle with the **rustic herb spice blend**. Season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

**TIP:** The Brussels sprouts may char slightly when roasting, this adds to the flavour!



## Make the lemony sauce

While the lamb is resting, wipe out the frying pan and return to a medium-low heat. Cook the **butter (for the sauce)**, **lemon zest**, remaining **garlic** and a splash of **water** until fragrant, **1-2 minutes**. Remove from the heat, then add a squeeze of **lemon juice**. Season to taste, then stir through any **lamb resting juices**.



## Get prepped

While the veggies are roasting, finely chop the **garlic**. Zest the **lemon** to get a pinch, then slice into wedges. Peel the **potato** and **parsnip**. Cut the **potato** into large chunks. Cut the **parsnip** into small chunks.



## Serve up

Roughly chop the **parsley** leaves (see ingredients). Slice the lamb rump. Divide the lamb, parsnip mash and roasted veggies between plates. Spoon over the lemony sauce and garnish with the parsley.

Enjoy!