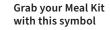
Lamb Rump & Parsnip Mash with Roasted Veggies & Lemony Sauce











Lamb Rump



Stock Powder









Brussels Sprouts











Parsnip



Parsley

Pantry items

Olive Oil, Butter, Milk

Before you start

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

| 9 | | |
|----------------------------|--------------------|------------------|
| | 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 | 1/2 | 1 |
| potato | 2 | 4 |
| parsnip | 1 | 2 |
| butter* (for the mash) | 20g | 40g |
| milk* | 2 tbs | ⅓ cup |
| salt* | 1/4 tsp | ½ tsp |
| butter* (for the sauce) | 40g | 80g |
| parsley | ½ bag | 1 bag |
| | | |

^{*}Pantry Items

Nutrition

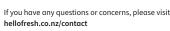
| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 4088kJ (977Cal) | 560kJ (134Cal) |
| Protein (g) | 42.5g | 5.8g |
| Fat, total (g) | 57.1g | 7.8g |
| - saturated (g) | 31.6g | 4.3g |
| Carbohydrate (g) | 52.6g | 7.2g |
| - sugars (g) | 16.7g | 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.







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!



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!



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.



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.



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.



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!