

Roast Lamb Rump & Mint Sauce

with Parsnip Mash & Roasted Veggies

KID FRIENDLY

Grab your Meal Kit with this symbol



Onion



Carrot



Asparagus



Garlic & Herb Seasoning



Potato



Parsnip



Mint Sauce



Lamb Rump



 **Recipe Update**
The recent wet and cold weather across New Zealand has 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: 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 mint sauce for a subtle zing. 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
onion	1 (medium)	1 (large)
carrot	1	2
asparagus	1 bunch	2 bunches
garlic & herb seasoning	1 sachet	1 sachet
potato	2	4
parsnip	1	2
butter*	40g	80g
milk*	2 tbs	¼ cup
mint sauce	1 packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3797kJ (908Cal)	502kJ (120Cal)
Protein (g)	42g	5.6g
Fat, total (g)	48.3g	6.4g
- saturated (g)	26g	3.4g
Carbohydrate (g)	58.6g	7.7g
- sugars (g)	25.5g	3.4g
Sodium (mg)	760mg	100mg

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.



Start 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: The lamb will keep cooking as it rests!

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



Prep the veggies

- While the veggies are roasting, peel **potato** and **parsnip**.
- Cut **potato** and **parsnip** into small chunks.

Little cooks: Older kids can help peel the veggies under adult supervision.



Roast the lamb

- Transfer **lamb**, fat-side up, to a lined oven tray. 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!



Roast the veggies

- Meanwhile, bring a medium saucepan of lightly salted water to the boil.
- Cut **onion** into wedges. Cut **carrot** into bite-sized chunks.
- Trim **asparagus**, then transfer to a medium bowl with a drizzle of **olive oil** and a pinch of **salt**. Toss to combine.
- Place **onion** and **carrot** on a second lined oven tray, drizzle with **olive oil** and sprinkle with **garlic & herb seasoning**. Season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.
- When the veggies have **10 minutes** cook time remaining, add **asparagus** to the tray. Return tray to the oven and roast until tender, **10 minutes**.



Make the parsnip mash

- Cook **potato** and **parsnip** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**.
- Drain and return to the saucepan.
- Add the **butter**, **milk** and a generous pinch of **salt**. Mash until smooth and cover to keep warm.

Little cooks: Get those muscles working and help mash the veggies!



Serve up

- Slice roast lamb rump.
- Divide parsnip mash, roasted veggies and lamb between plates.
- Spoon over **mint sauce** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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