



Pistachio-Crusted Lamb

with Roasted Potatoes & Mint Chimichurri

Grab your Meal Kit with this symbol



Pistachios



Garlic



Dijon Mustard



Lamb Rump



Potato



Baby Rainbow Carrots



Asparagus



Mint



Parsley

Hands-on: **40-50 mins**
Ready in: **45-55 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 add Dijon mustard and crushed pistachios for a moreish nutty crunch. Bring extra colour and flavour with a mint chimichurri and you've got a restaurant-quality dish made by yours truly!

Pantry items

Olive Oil, Honey, Sugar, Vinegar (White Wine or Red Wine)

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 frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pistachios	1 packet	2 packets
garlic	1 clove	2 cloves
salt* (for the lamb)	¼ tsp	½ tsp
Dijon mustard	2 packets (30g)	4 packets (60g)
lamb rump	1 packet	2 packets
potato	2	4
baby rainbow carrots	1 bunch	2 bunches
honey*	1 tsp	2 tsp
asparagus	1 bunch	2 bunches
mint	1 bunch	1 bunch
parsley	1 bunch	1 bunch
salt* (for the sauce)	¼ tsp	½ tsp
sugar*	1 tsp	2 tsp
vinegar* (white wine or red wine)	1 tsp	2 tsp

*Pantry items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2630kJ (628Cal)	412kJ (99Cal)
Protein (g)	59.5g	9.4g
Fat, total (g)	22.6g	3.6g
- saturated (g)	6.9g	1.1g
Carbohydrate (g)	41.0g	6.4g
- sugars (g)	11.1g	1.8g
Sodium (mg)	1100mg	173mg

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.

Fancy a Drop?

We recommend pairing this meal with Cabernet Sauvignon or Pinot Noir



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop or crush the **pistachios**. Finely chop the **garlic**. On a plate, combine the **pistachios** and **salt (for the lamb)**. In a medium bowl, combine the **garlic** and **Dijon mustard (reserving 1/2 tsp for 2 people / 1 tsp for 4 people)**. Lightly score the **lamb rump** fat in a 1cm criss-cross pattern. Season the **lamb** with **salt** and **pepper** and place, fat-side down, in a medium frying pan. Place over a medium heat and cook, undisturbed, until golden, **10-12 minutes**. Increase the heat to high and sear the **lamb** on all sides for **30 seconds**. Add the **lamb** to the bowl with the **garlic-mustard mixture** and toss to coat, then gently press the **pistachios** over all sides. Transfer the **lamb**, fat-side up, to an oven tray lined with baking paper.

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



4. Cook the asparagus

While the lamb is resting, trim 3cm off the ends of the **asparagus**. Wipe out the frying pan and return to a medium-high heat. Add the **asparagus** and a **splash** of **water** and cook, tossing, until just tender, **4-5 minutes**. Season with **salt** and **pepper**.



2. Roast the potatoes

While the lamb is searing, cut the **potato** (unpeeled) into 2cm chunks. Transfer to a second oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and a **pinch** of **pepper**. Roast until crisp and tender, **25-30 minutes**.

TIP: Cut the potato to size so it cooks in time!



3. Roast the carrots & lamb

While the potato is roasting, trim the green tops from the **baby rainbow carrots**. Place on the oven tray with the **lamb**. **Drizzle** the **carrots** with **olive oil** and the **honey**, then season with a **pinch** of **salt** and **pepper**. Toss to combine, then roast until the carrots are tender, **15-20 minutes**. Transfer the **lamb** to a plate and rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



5. Make the mint chimichurri

While the asparagus is cooking, finely chop the **mint** and **parsley** leaves. In a medium bowl, combine the **mint**, **parsley**, **reserved Dijon mustard**, **salt (for the sauce)**, the **sugar**, **vinegar** and a **generous drizzle** of **olive oil**.

TIP: Add any lamb resting juices to the chimichurri for extra flavour!



6. Serve up

Thinly slice the lamb. Divide the roasted potatoes, carrots, asparagus and pistachio-crusted lamb between plates. Top the lamb with the mint chimichurri and sprinkle with any pistachio crust remaining on the oven tray.

Enjoy!