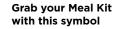


# **Pistachio-Crusted Lamb**

with Roasted Potatoes & Mint Chimichurri









**Pistachios** 





Dijon Mustard





Lamb Rump



Potato







**Asparagus** 





Parsley

Pantry items

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



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!

## 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

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)	1/4 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

<sup>\*</sup>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!**