



# Roast Lamb Rump & South American Potatoes

with Salsa Verde & Lemony Slaw

Grab your Meal Kit with this symbol



Lamb Rump



Potato



South American Seasoning



Coriander



Lemon



Chilli Flakes (Optional)



Carrot






Shredded Cabbage Mix



Mayonnaise



Lamb Rump

 Hands-on: **20-30 mins**  
 Ready in: **40-50 mins**  
 Spicy (optional chilli flakes)

This is a dazzling twist on a classic Sunday roast with all the trimmings. Lamb rump, cooked to pinky perfection, golden spiced potatoes, a zingy salsa verde and crunchy slaw. Is your mouth watering yet? Time to get this in the oven!

 **CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

## Pantry items

Olive Oil

## 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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 packet	1 packet
potato	2	4
South American seasoning	1 sachet	2 sachets
coriander	1 bag	1 bag
lemon	½	1
chilli flakes (optional)	pinch	pinch
carrot	1	2
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 packet (40g)	1 packet (80g)
lamb rump**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3081kJ (736Cal)	524kJ (125Cal)
Protein (g)	39g	6.6g
Fat, total (g)	36.7g	6.2g
- saturated (g)	15.3g	2.6g
Carbohydrate (g)	40.8g	6.9g
- sugars (g)	9.9g	1.7g
Sodium (mg)	792mg	135mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4866kJ (1163Cal)	638kJ (152Cal)
Protein (g)	70.1g	9.2g
Fat, total (g)	61.8g	8.1g
- saturated (g)	29.6g	3.9g
Carbohydrate (g)	40.8g	5.3g
- sugars (g)	9.9g	1.3g
Sodium (mg)	911mg	119mg

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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## Start the lamb

Preheat the oven to **240°C/220°C fan-forced**. Lightly score the fat of the **lamb rump** in a criss-cross pattern. Season the **lamb** on both sides. In a large frying pan, place the **lamb** fat-side down. Place the pan over a medium heat and cook the **lamb**, undisturbed, until golden, **10-12 minutes**. Increase the heat to high, then sear the **lamb** on all sides for **30 seconds**.

### CUSTOM RECIPE

If you've doubled your lamb rump, cook in batches for best results!



## Make the salsa verde

While the lamb is roasting, finely chop the **coriander**. Zest the **lemon** to get a pinch, then slice into wedges. In a small bowl, combine the **coriander**, **olive oil** (2 tbs 2 people / 1/4 cup 4 people), a pinch of **chilli flakes** (if using) and the **lemon zest**. Season and set aside.



## Roast the potatoes

While the lamb is cooking, cut the **potato** into bite-sized chunks. Place the **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and sprinkle with the **South American seasoning**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



## Toss the slaw

Grate the **carrot**. In a large bowl, combine the **carrot**, **shredded cabbage mix**, a drizzle of **olive oil** and a squeeze of **lemon juice**. Season to taste.



## Roast the lamb

While the potatoes are roasting, transfer the **lamb**, fat-side up, to a second lined oven tray. Roast for **15-20 minutes** for medium or until cooked to your liking. Remove the lamb from the oven, cover with foil and set aside to rest for **10 minutes**.

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



## Serve up

Slice the roast lamb rump. Divide the South American potatoes, lemony slaw and lamb between plates. Top the lamb with the salsa verde. Serve with the **mayonnaise** and any remaining lemon wedges.

Enjoy!