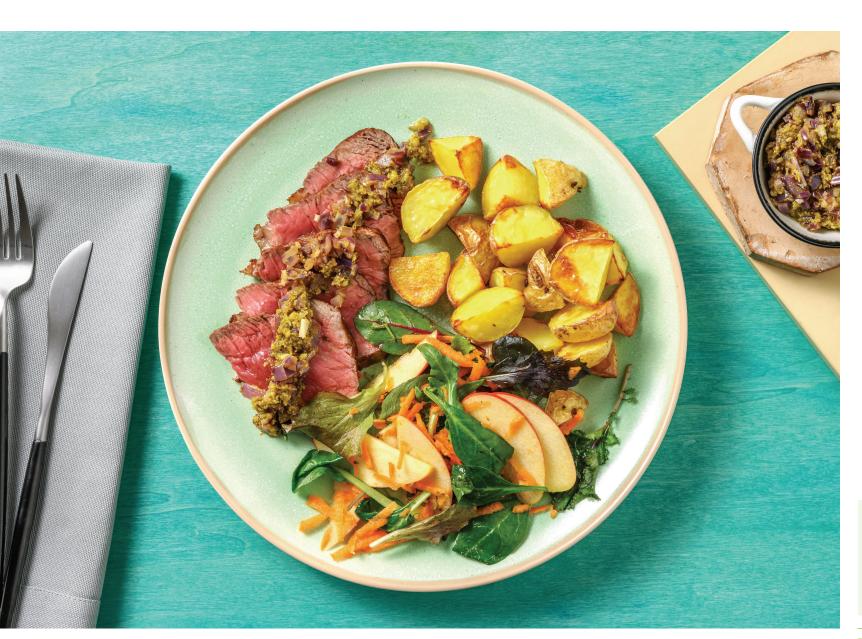


Roasted Lamb Rump & Pesto Butter Sauce

with Salt & Vinegar Potatoes

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Lamb Rump











Leaves



Basil Pesto

Keep an eye out...

Due to recent sourcing challenges, we've replaced carrot with radish, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Pantry items

Olive Oil, Balsamic Vinegar, Butter, White Wine Vinegar

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	
salt*	1/4 tsp	½ tsp	
garlic	2 cloves	4 cloves	
red onion	1 (medium)	1 (large)	
radish	1	2	
apple	1	2	
balsamic vinegar*	drizzle	drizzle	
mixed salad	1 bag	1 bag	
leaves	(30g)	(60g)	
butter*	20g	40g	
basil pesto	1 packet	1 packet	
	(50g)	(100g)	
white wine vinegar*	1 tbs	2 tbs	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3533kJ (844Cal)	645kJ (154Cal)
Protein (g)	36.8g	6.7g
Fat, total (g)	51.6g	9.4g
- saturated (g)	21.2g	3.9g
Carbohydrate (g)	40g	7.3g
- sugars (g)	11.8g	2.2g
Sodium (mg)	523mg	95mg

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 the oven to 220°C/200°C fan-forced. Lightly score the lamb fat in a 1cm criss-cross pattern. Season the lamb rump all over with salt and pepper 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 and sear the lamb on all sides for 30 seconds.

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



Roast the lamb

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 the tray from the oven and cover the lamb with foil to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



Roast the potato

While the lamb is roasting, cut the **potato** into bite-sized chunks. Place the **potato** and the **salt** on a second lined oven tray. Drizzle with **olive oil** and season with **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



Make the salad

While the potato is roasting, finely chop the **garlic** and **red onion**. Thinly slice the **radish** and **apple**. In a medium bowl, combine a drizzle of **olive oil** and a drizzle of **balsamic vinegar**. Season, then add the **radish**, **apple** and **mixed salad leaves**. Set aside.



Make the pesto butter

While the lamb is resting, wipe out the pan and return to a medium heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **2-3 minutes**. Add the **garlic** and **butter** and cook, stirring, until fragrant, **1 minute**. Stir through the **basil pesto** and any lamb resting juices.

Season to taste.



Serve up

Add the **white wine vinegar** to the roasted potatoes on the tray and toss to coat. Slice the lamb. Toss the salad. Divide the lamb, apple salad and salt and vinegar roasted potatoes between plates. Spoon the pesto butter sauce over the lamb.

Enjoy!