



# Rosemary Lamb Rump & Caramelised Onion

## with Roasted Veggies, Pistachios & Feta

Grab your Meal Kit with this symbol



Lamb Rump



Potato



Baby Rainbow Carrots



Garlic



Rosemary



Caramelised Onion Chutney



Pistachios



Broccolini



Feta

Hands-on: **30-40** mins  
Ready in: **45-55** mins

This special occasion dinner uses a handy method of starting the lamb in a cold pan so the outside gets golden, before roasting for the ideal tenderness. Although there's a bit of prep at the start, you'll have time to relax while the lamb and veggies are in the oven – set the table, pour your drink of choice or just put your feet up while the flavours mingle into a magic meal.

### Pantry items

Olive Oil, Balsamic 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

Medium 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	2 packets
potato	3	6
baby rainbow carrots	1 bunch	1 bunch
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
rosemary	1 bunch	1 bunch
caramelised onion chutney	1 packet (40g)	2 packets (80g)
balsamic vinegar*	4 tsp	2½ tbs
pistachios	1 packet	2 packets
broccolini	1 bunch	2 bunches
feta	1 block (25g)	1 block (50g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2790kJ (666Cal)	483kJ (115Cal)
Protein (g)	59.9g	10.4g
Fat, total (g)	24.6g	4.3g
- saturated (g)	8.6g	1.5g
Carbohydrate (g)	48.2g	8.3g
- sugars (g)	12.5g	2.2g
Sodium (mg)	564mg	98mg

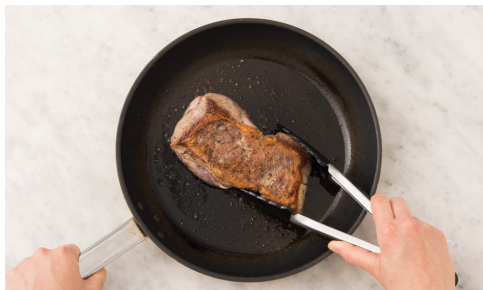
### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.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 Zinfandel



## 1. Start the lamb

Preheat the oven to **220°C/200°C fan-forced**. Lightly score the **lamb rump** fat in a 1cm criss-cross pattern. Season the lamb all over with **salt** and **pepper** and place, fat-side down, in a medium 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**. Transfer, fat-side up, to an oven tray lined with baking paper and set aside. Discard the fat from the pan.

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

**TIP:** The lamb will continue cooking in step 4!



## 4. Roast the lamb

Place the **lamb** on the middle oven rack and roast for **15-20 minutes** for medium or until cooked to your liking. Remove the tray with the **lamb** from the oven and cover with foil to rest for **10 minutes**.

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



## 2. Roast the veggies

While the lamb is cooking, cut the **potato** (unpeeled) into 2cm wedges. Trim the green tops from the **baby rainbow carrots**. Place the **potato** and **carrots** on a second oven tray lined with baking paper. **Drizzle generously** with **olive oil** and season with the **salt** and a **pinch of pepper**. Roast until tender, **25-30 minutes**.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



## 5. Cook the broccolini

While the lamb is resting, roughly chop the **pistachios** and trim the **broccolini**. Wipe out the frying pan and return to a medium-high heat. Add the **pistachios** and toast, tossing occasionally, until golden, **3-4 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **broccolini** with a **dash of water**. Cook, tossing, until just tender, **5-6 minutes**. Season with **salt** and **pepper**.



## 3. Make the onion jam

Finely chop the **garlic** (or use a garlic press). Pick the **rosemary** leaves and finely chop. In a medium bowl, combine the **garlic**, **rosemary**, **caramelised onion chutney** and **balsamic vinegar**. **Drizzle** with **olive oil** and stir to combine. Spoon the **caramelised onion mixture** over the fat-side of the **lamb** on the oven tray.

**TIP:** Run your fingers down the rosemary stalk to remove the leaves easily.



## 6. Serve up

Thinly slice the lamb rump. Divide the roasted veggies and broccolini between plates. Top with the caramelised onion lamb and spoon over the resting juices from the tray. Sprinkle with the toasted pistachios and crumble over the **feta**.

**Enjoy!**