

Rosemary & Caramelised Onion Lamb Rump

with Pistachios & Crumbly Cheese

Grab your Meal Kit
with this symbol



Lamb Rump



Potato



Baby Rainbow
Carrots



Garlic



Rosemary



Caramelised Onion
Chutney



Pistachios



Broccolini



Greek Salad Cheese/
Feta Cheese

 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	1 packet
potato	2	4
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*	1 tbs	2 tbs
pistachios	1 packet	2 packets
broccolini	1 bunch	2 bunches
Greek salad cheese/ feta cheese	1 block (25g)	1 block (50g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3230kJ (771Cal)	553kJ (132Cal)
Protein (g)	41.4g	7.1g
Fat, total (g)	38.7g	6.6g
- saturated (g)	16.6g	2.8g
Carbohydrate (g)	42.5g	7.3g
- sugars (g)	15g	2.6g
Sodium (mg)	618mg	106mg

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.

Fancy a drop?

We recommend pairing this meal with Cabernet Sauvignon or Zinfandel



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**, then place, fat-side down, in a medium frying pan. Place the pan over a medium heat and cook the lamb, undisturbed, until golden, **10-12 minutes**. Increase the heat to high and sear the **lamb rump** 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!



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

TIP: The meat will keep cooking as it rests!



Roast the veggies

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



Caramelize the onion

Finely chop the **garlic**. 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 while it's on the oven tray.



Toast the pistachios

While the lamb is resting, roughly chop the **pistachios**. Trim the **broccolini** and cut any thicker stalks in half lengthways. 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**. Cook the **broccolini** with a dash of **water**, tossing, until just tender, **5-6 minutes**. Season with **salt** and **pepper**.



Serve up

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

Enjoy!