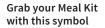


Herby Lamb & Roast Beetroot Salad with Caramelised Onion & Mayo















Carrot

Herb & Mushroom Seasoning





Baby Spinach





Mayonnaise

Lamb Rump

Prep in: 30-40 mins Ready in: 45-55 mins

It's roast lamb, but not as you know it! We're using our flavourful and earthy herb and mushroom seasoning to lift succulent lamb rump to new heights. With a generous helping of roasted veggies, it's all you need to create a nutritious meal that's fit for even the fussiest eaters.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, 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
beetroot	1	2
potato	1	2
carrot	1	2
herb & mushroom seasoning	1 sachet	2 sachets
onion	1 (medium)	1 (large)
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3181kJ (760Cal)	559kJ (134Cal)
Protein (g)	38g	6.7g
Fat, total (g)	40.8g	7.2g
- saturated (g)	16.6g	2.9g
Carbohydrate (g)	40.2g	7.1g
- sugars (g)	21.8g	3.8g
Sodium (mg)	766mg	135mg

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.



Sear the lamb

- Preheat oven to 220°C/200°C fan-forced.
- Lightly score lamb rump fat in a criss-cross pattern. Place lamb, fat-side down, in a large frying pan (no need for oil!).
- Place pan over medium heat and cook, undisturbed, until golden, 10-12 minutes.
- Increase heat to high and sear lamb on all sides for 30 seconds.

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



Roast the veggies

- Meanwhile, cut beetroot into small chunks. Cut potato and carrot into bite-sized chunks.
- Place veggies on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- · Roast until tender, 25-30 minutes.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

TIP: If your oven tray is crowded, divide between two trays.



Roast the lamb

- While the veggies are roasting, combine herb & mushroom seasoning, a drizzle of olive oil and a pinch of salt and pepper in a small bowl.
- Use the back of a spoon to spread seasoning mixture over the lamb.
- Transfer lamb to a second lined oven tray and roast for 15-20 minutes for medium, or until cooked to your liking.
- Remove from oven and cover with foil to rest for 10 minutes.

TIP: The meat will keep cooking as it rests!



Caramelise the onion

- While the lamb is roasting, thinly slice onion.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil. Cook onion, stirring, until softened,
 5-6 minutes.
- Reduce heat to medium, then add the balsamic vinegar, brown sugar and a splash of water and mix well.



Finish the veggies

 When the veggies are done, add baby spinach leaves, caramelised onion and a drizzle of white wine vinegar and olive oil. Toss to combine. Season to taste.



Serve up

• Slice herby lamb.

Rate your recipe

- Divide roast beetroot salad and herby lamb rump between plates. Spoon any resting juices over lamb.
- Serve with **mayonnaise**. Enjoy!

