



Sweet-Soy Seared Lamb Rump

with Roast Veggie Toss & Sriracha Mayo

Grab your Meal Kit with this symbol



Beetroot



Carrot



Onion



Sweet Soy Seasoning



Sriracha



Mayonnaise



Baby Spinach Leaves



Lamb Rump

Prep in: 20-30 mins
Ready in: 40-50 mins

Carb Smart

Add a little bit of spice to dinner tonight with the help of sweet soy seasoning to really liven this roast lamb up. On a bed of wholesome veggies and then drizzled with sriracha mayo, this rump is salivatingly good.

Pantry items

Olive Oil, Rice 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
carrot	1	2
onion	1 (medium)	1 (large)
sweet soy seasoning	1 sachet	2 sachets
water*	½ tbs	1 tbs
sriracha	1 packet (20g)	1 packet (40g)
mayonnaise	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
rice wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2627kJ (628Cal)	586kJ (140Cal)
Protein (g)	31g	6.9g
Fat, total (g)	36.3g	8.1g
- saturated (g)	14.5g	3.2g
Carbohydrate (g)	27g	6g
- sugars (g)	19.4g	4.3g
Sodium (mg)	1084mg	242mg
Dietary Fibre (g)	10.8g	2.4g

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 rump

- Preheat oven to **220°C/200°C fan-forced**. Lightly score **lamb 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 rump** on all sides for **30 seconds**.

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



Roast the veggies

- While the lamb is searing, cut **beetroot** into small chunks. Cut **carrot** into bite-sized chunks. Cut **onion** into wedges.
- Place the **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.



Roast the lamb

- While the veggies are roasting, combine **sweet soy seasoning** and the **water** in a small bowl. Season.
- Transfer **lamb**, fat-side up, to a second lined oven tray.
- Using the back of a spoon spread the **spice mixture** over the **lamb**. Roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove **lamb** from the oven, cover with foil and set aside to rest for **10 minutes**.

TIP: The lamb will keep cooking as it rests!



Make the sriracha mayo

- While the lamb is roasting, combine **sriracha**, **mayonnaise** and a splash of **water** in a second small bowl. Season to taste.



Finish the veggies

- When the veggies are done, add **baby spinach leaves** and a drizzle of **rice wine vinegar** to the tray. Gently toss to combine and season.



Serve up

- Slice sweet-soy seared lamb rump.
- Divide roast veggie toss between plates. Top with lamb.
- Pour over any lamb resting juices. Serve with sriracha mayo. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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