



Sticky Apricot-Glazed Lamb Rump

with Veggie Fries & Pear Salad

Grab your Meal Kit with this symbol



Lamb Rump



Carrot



Parsnip



Garlic



Thyme



Pear



Mixed Salad Leaves



Vegetable Stock Powder



Apricot Sauce

Hands-on: **25-35 mins**
 Ready in: **40-50 mins**

Carb Smart

You know you're in for a good night when the only thing standing between you and this classy low-carb lamb dish is a matter of minutes. With only the most tender lamb rump cut, sticky apricot glaze and baked veggie fries, you just can't go wrong.

Pantry items

Olive Oil, White Wine Vinegar, Butter

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
carrot	2	4
parsnip	1	2
garlic	2 cloves	4 cloves
thyme	1 bag	1 bag
pear	½	1
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (60g)	1 bag (120g)
vegetable stock powder	½ medium sachet	1 medium sachet
apricot sauce	1 packet (30g)	2 packets (60g)
butter*	10g	20g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2355kJ (563Cal)	537kJ (128Cal)
Protein (g)	31.8g	7.3g
Fat, total (g)	28.5g	6.5g
- saturated (g)	15.8g	3.6g
Carbohydrate (g)	29.4g	6.7g
- sugars (g)	17.5g	4g
Sodium (mg)	429mg	98mg
Dietary Fibre (g)	6.9g	1.6g

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](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.



Cook the lamb rump

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 rump** on all sides for **30 seconds**.

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



Get prepped

While the lamb is roasting, finely chop the **garlic**. Pick the **thyme** leaves and finely chop. Thinly slice the **pear** (see ingredients). In a medium bowl, combine a drizzle of **olive oil** and **white wine vinegar**, then season. Add the **pear** and **mixed salad leaves** to the **dressing**. Set aside.



Bake the veggie fries

While the lamb is cooking, cut the **carrot** and **parsnip** into fries. Place the veggie **fries** on a lined oven tray, drizzle with **olive oil** and season with **salt**. Toss to coat, then bake until tender, **25-30 minutes**.



Cook the glaze

While the lamb is resting, combine the **apricot sauce**, **vegetable stock powder** (1/2 sachet for 2 people / 1 sachet for 4 people) and a dash of **water** in a small bowl. Return the frying pan to a medium heat. Cook the **garlic** and thyme until fragrant, **1 minute**. Add the **apricot sauce** and **butter** and cook until heated through and slightly reduced, **1 minute**. Stir through any **lamb resting juices** until combined.



Roast the lamb

While the veggie fries are baking, transfer the **lamb**, fat-side up, to a second 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**.



Serve up

Slice the roasted lamb. Toss the salad. Divide the lamb, veggie fries and pear salad between plates. Spoon the sticky apricot sauce over the lamb.

Enjoy!