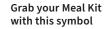
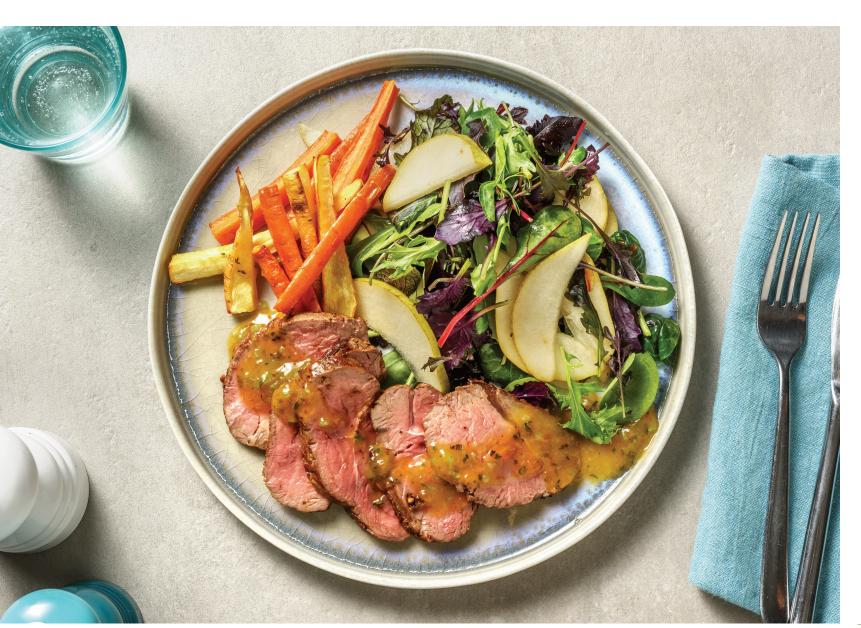


Sticky Apricot-Glazed Lamb Rump with Veggie Fries & Pear Salad











Lamb Rump





Parsnip



Thyme



Mixed Salad

Leaves

Vegetable Stock Powder



Apricot Sauce

Pantry items

Olive Oil, White Wine Vinegar, Butter





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.

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 refer to method refer to method lamb rump 1 packet 1 packet 2 parsnip 1 2 garlic 2 cloves 4 cloves thyme 1 bag 1 bag pear ½ 1 white wine vinegar* mixed salad leaves (60g) (120g) vegetable stock powder 1 packet 2 packets (30g) (60g) (60g) (60g) butter* 10 packet 1 packet 2 packets (60g) (60g	ingi concinco			
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) (120g) vegetable stock powder ½ medium sachet 1 medium sachet apricot sauce 1 packet (30g) 2 packets (60g)		2 People	4 People	
carrot 2 4 parsnip 1 2 garlic 2 cloves 4 cloves thyme 1 bag 1 bag pear ½ 1 white wine winegar* drizzle drizzle mixed salad leaves (60g) (120g) vegetable stock powder 1 apricot sauce 1 parsnip 1 2 drizzle drizzle drizzle drizzle drizzle drizzle 1 bag (120g) 1 medium sachet 1 medium sachet 2 packets (60g)	olive oil*	refer to method	refer to method	
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garlic 2 cloves 4 cloves thyme 1 bag 1 bag pear ½ 1 white wine vinegar* drizzle drizzle mixed salad leaves (60g) (120g) vegetable stock powder 1 apricot sauce 1 1 packet (30g) (60g) 2 cloves 4 cloves drizzle drizzle drizzle drizzle drizzle drizzle 1 bag (120g) (120g) 1 medium sachet 2 packets (60g)	carrot	2	4	
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leaves (60g) (120g) vegetable stock powder ½ medium sachet 1 medium sachet apricot sauce 1 packet (30g) 2 packets (60g)		drizzle	drizzle	
powder 1 packet 2 packets (60g) 2 packets				
apricot sauce (30g) (60g)		½ medium sachet	1 medium sachet	
butter* 10g 20g	apricot sauce			
	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 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.



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**.



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**.



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.



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.



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!