

# Roast Lamb Rump & Salsa Verde

with Spiced Potatoes & Lemony Slaw

DIETITIAN APPROVED\*

Grab your Meal Kit with this symbol



Lamb Rump



Chopped Potato



All-American Spice Blend



Coriander



Lemon



Chilli Flakes (Optional)



Deluxe Slaw Mix



Mayonnaise



Lamb Rump

Prep in: 15-25 mins  
Ready in: 35-45 mins  
Carb Smart\*

\*Custom Recipe is not Carb Smart or Dietitian Approved

This is a dazzling twist on a classic Sunday roast with all the trimmings. Lamb rump, cooked to pinky perfection, golden spiced potatoes, a zingy salsa verde and crunchy slaw. Is your mouth watering yet? Time to get this in the oven!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan · Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
lamb rump	1 medium packet	1 large packet
chopped potato	1 medium bag	1 large bag
All-American spice blend	1 medium sachet	1 large sachet
coriander	1 bag	1 bag
lemon	½	1
chilli flakes (optional)	pinch	pinch
deluxe slaw mix	1 medium bag	1 large bag
mayonnaise	1 packet (40g)	2 packets (80g)
lamb rump**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2130kJ (509Cal)	400kJ (96Cal)
Protein (g)	45.4g	8.5g
Fat, total (g)	18.5g	3.5g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	35.4g	6.6g
- sugars (g)	9g	1.7g
Sodium (mg)	619mg	116mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3054kJ (730Cal)	431kJ (103Cal)
Protein (g)	83.7g	11.8g
Fat, total (g)	25.9g	3.7g
- saturated (g)	5.6g	0.8g
Carbohydrate (g)	35.5g	5g
- sugars (g)	9.1g	1.3g
Sodium (mg)	733mg	104mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## Sear the lamb

- Preheat oven to **220°C/200°C fan-forced**.
- Lightly score **lamb rump** fat in a 1cm criss-cross pattern. Season **lamb rump** all over and place, fat-side down, in a large frying pan.
- 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.

**Custom Recipe:** If you've doubled your lamb rump, cook in batches for best results.

3



## Roast the lamb & make the salsa verde

- Transfer **lamb**, fat-side up, to a second lined oven tray.
- Roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove from oven and rest for **10 minutes**.
- While lamb is resting, in a small bowl, combine **coriander**, **olive oil** (2 tbs for 2 people / ¼ cup for 4 people), a pinch of **chilli flakes** (if using) and a squeeze of **lemon juice**. Season and set aside.

**TIP:** The meat will keep cooking as it rests!

2



## Roast the potatoes

- While lamb is cooking, place **chopped potato** on a lined oven tray.
- Sprinkle with **All-American spice blend**, season with **salt** and drizzle with **olive oil**. Toss to coat.
- Roast until tender, **25-30 minutes**.
- Meanwhile, finely chop **coriander**.
- Slice **lemon** into wedges.

**Custom Recipe:** Divide lamb between two oven trays if you tray is getting crowded.

4



## Serve up

- In a medium bowl, combine **deluxe slaw mix**, a drizzle of olive oil and a squeeze of lemon juice. Season to taste.
- Slice roast lamb.
- Divide potatoes, lemony slaw and lamb between plates.
- Top lamb with salsa verde.
- Serve with **mayonnaise** and any remaining lemon wedges. Enjoy!

## Rate your recipe

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