

Roast Lamb Rump & Salsa Verde

with Spiced Potatoes & Lemony Slaw

DIETITIAN APPROVED*







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!

Pantry items Olive Oil

Chilli Flakes (Optional)

Chopped Potato

Coriander



Mayonnaise



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

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 \cdot Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	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	1/2	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.

- up-to-date allergen mormation.
- Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



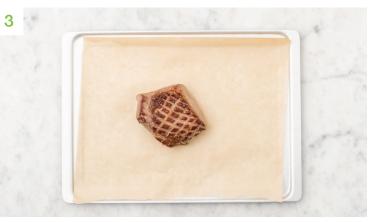


Sear the lamb

- Preheat oven to 220°C/200°C fan-forced.
- Lightly score **lamb rump** fat in a 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.



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!



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.



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!

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