

# Lamb Backstrap & Fetta-Walnut Crumble

with Roast Potatoes, Citrus Zucchini Salad & Horseradish Sauce

FESTIVE MAIN

Grab your meal kit with this number

32



Chat Potatoes



Zucchini



Lamb Backstrap



Garlic



Thyme



Walnuts



Lemon



Fetta Cubes




Spinach & Rocket Mix



Horseradish Sauce

Prep in: 25-35 mins  
Ready in: 35-45 mins

 Protein Rich


 Carb Smart

Plate up this seared lamb backstrap and roasted chat potatoes and expect to wow the socks off your guests this Christmas! The star of this dish is the fetta-walnut crumble and the citrusy zucchini ribbon salad is truly a gift!

### Pantry items

Olive Oil

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
chat potatoes	1 medium packet	1 large packet
zucchini	1	2
lamb backstrap	1 medium packet	2 medium packets OR 1 large packet
garlic	1 clove	2 cloves
thyme	1 packet	2 packets
walnuts	1 medium packet	1 large packet
lemon	½	1
fetta cubes	1 medium packet	1 large packet
spinach & rocket mix	1 medium packet	2 medium packets
horseradish sauce	1 medium packet	2 medium packets

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2404kJ (574Cal)	498kJ (119Cal)
Protein (g)	41.7g	8.6g
Fat, total (g)	34g	7g
- saturated (g)	7.7g	1.6g
Carbohydrate (g)	29.8g	6.2g
- sugars (g)	4.4g	0.9g
Sodium (mg)	485mg	100mg
Dietary Fibre (g)	6.8g	1.4g

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.



## Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Halve **chat potatoes**.
- Place **potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.

**TIP:** If your oven tray is crowded, divide the potatoes between two trays.



## Get prepped

- While the lamb is cooking, finely chop **garlic**.
- Pick **thyme leaves**.
- Roughly chop **walnuts**.
- Slice **lemon** into wedges.



## Cook the zucchini

- Meanwhile, thinly slice **zucchini** into thin strips lengthways.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **zucchini**, tossing, until tender, **2-3 minutes** each side.
- Transfer to a large bowl and allow to cool.



## Bring it all together

- While the lamb is resting, wipe out the frying pan then return to medium-high heat with a drizzle of **olive oil**.
- Cook **garlic** and **thyme** until fragrant, **1 minute**. Transfer to a small bowl.
- Crumble in **fetta cubes** and **walnuts** and stir, mashing to combine. Season with **pepper**.
- To the **zucchini**, add **spinach & rocket mix**, a drizzle of **olive oil** and a squeeze of **lemon juice**. Toss to combine and season to taste.



## Cook the lamb

- Season **lamb backstrap** on both sides.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **lamb**, turning occasionally, for **8-10 minutes** for medium or until cooked to your liking. Transfer to a plate to rest for **5 minutes**.



## Serve up

- Slice lamb.
- Divide roast potatoes, citrus zucchini salad and lamb backstrap between plates.
- Spoon feta-walnut topping over the lamb.
- Serve with **horseradish sauce**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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