



Lamb Rump & Dukkah Roast Veggies

with Jewelled Pearl Couscous & Yoghurt Dressing

Grab your Meal Kit
with this symbol



Lamb Rump



Cauliflower



Baby Carrots



Sweet Potato



Garlic



Dukkah



Pearl Couscous



Currants



Vegetable Stock
Powder



Lemon



Greek-Style
Yoghurt



Baby Spinach
Leaves



Flaked Almonds



Mint



Hands-on: **35-45 mins**
Ready in: **45-55 mins**

Succulent lamb coupled with roasted baby carrots, pearl couscous and veggies, sit pretty together in this classic gourmet-style dinner. For the perfect finishing touch, we've added a delectable yoghurt dressing - never has a combination been so right!

Pantry items

Olive Oil

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 packet	2 packets
cauliflower	1 portion (200g)	1 portion (400g)
baby carrots	1 bunch	2 bunches
sweet potato	1	2
garlic	2 cloves	4 cloves
dukkah	1 medium sachet	1 large sachet
pearl couscous	1 packet	2 packets
water* (for the couscous)	1¼ cups	2½ cups
currants	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
lemon	½	1
Greek-style yoghurt	1 medium sachet	1 large packet
water* (for the sauce)	2 tbs	4 tbs
baby spinach leaves	1 bag (30g)	1 bag (60g)
flaked almonds	1 medium packet	1 large packet
mint	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3244kJ (775Cal)	495kJ (118Cal)
Protein (g)	60.8g	9.3g
Fat, total (g)	26.3g	4g
- saturated (g)	6.3g	1g
Carbohydrate (g)	68.2g	10.4g
- sugars (g)	22.9g	10.4g
Sodium (mg)	928mg	142mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

We recommend pairing this meal with Cabernet or Pinot Noir

1



Roast the lamb

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**. Transfer, fat-side up, to an oven tray lined with baking paper. Roast for **15-20 minutes** for medium or until cooked to your liking. Remove from the oven and cover with foil to rest for **10 minutes**.

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

2



Roast the veggies

While the lamb is cooking, cut the **cauliflower** into small florets. Trim the green tops from the **baby carrots** and slice any larger carrots in half lengthways. Cut the **sweet potato** into small chunks. Place the **veggies** and **unpeeled garlic cloves** on a second lined oven tray. Sprinkle with the **dukkah**, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

3



Cook the pearl couscous

While the veggies are roasting, wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Add the **pearl couscous** and toast, stirring, until golden, **1-2 minutes**. Add the **water (for the couscous)**, **currants** and sprinkle over the **vegetable stock powder**. Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water has absorbed, **10-12 minutes**.

4



Make the yoghurt dressing

While the couscous is cooking, zest the **lemon** to get a generous pinch then cut into wedges. Squeeze the roasted **garlic** from the skin and mash using a fork. In a small bowl, combine the **Greek-style yoghurt**, **water (for the sauce)**, **lemon zest** and roast **garlic**. Season.

5



Bring it all together

Roughly chop the **baby spinach leaves**. Add the **baby spinach**, **flaked almonds** and a generous squeeze of **lemon juice** to the **couscous**. Toss to combine and season to taste.

6



Serve up

Slice the lamb. Divide the jewelled pearl couscous between plates. Top with the lamb and dukkah roast veggies. Drizzle with the yoghurt dressing. Tear over the **mint** to serve.

Enjoy!