

Pistachio-Crusted Lamb & Chimichurri

with Roast Potatoes & Baby Carrots

Grab your Meal Kit with this symbol



Pistachios



Garlic



Lamb Rump



Dijon Mustard



Potato





Baby Carrots



Baby Broccoli



Chimichurri Sauce

 Hands-on: **40-50 mins**
Ready in: **45-55 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

What's the secret to moist, tender and extra-tasty lamb? Use a cut with the cap of fat still on, so the meat stays juicy while roasting... then add Dijon mustard and crushed pistachios for a moreish nutty crunch. Serve with a bright and herby chimichurri and you've got a restaurant-quality dish made by yours truly.

Pantry items

Olive Oil, Honey

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	4 People
olive oil*	refer to method	refer to method
pistachios	1 medium packet	1 large packet
garlic	1 clove	2 cloves
salt*	¼ tsp	½ tsp
lamb rump	1 packet	2 packets
Dijon mustard	1 packet	2 packets
potato	2	4
baby carrots	1 bag	2 bags
honey*	1 tsp	2 tsp
baby broccoli	1 bunch	2 bunches
chimichurri sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2870kJ (686Cal)	467kJ (112Cal)
Protein (g)	55.6g	9g
Fat, total (g)	33g	5.4g
- saturated (g)	5.5g	0.9g
Carbohydrate (g)	37g	6g
- sugars (g)	9.6g	1.6g
Sodium (mg)	670mg	109mg

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 Sauvignon or Pinot Noir.



Prep the lamb

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **pistachios** (or crush in the packet using a rolling pin). Finely chop the **garlic**. On a medium plate, combine the **pistachios** and the **salt**. Lightly score the **lamb fat** in a 1cm criss-cross pattern. Season the **lamb rump** with **salt** and **pepper**. In a medium bowl, combine the **garlic** and **Dijon mustard**.



Roast the carrots & lamb

While the potato is roasting, trim the green tops off the **baby carrots**, then scrub them clean. Place on the oven tray with the **lamb**. Drizzle the **carrots** with **olive oil** and the **honey**, then season, tossing to coat. Roast until the carrots are tender, **15-20 minutes**. Transfer the **lamb** to a plate to rest for **10 minutes**.

TIP: The lamb will keep cooking as it rests!



Cook the lamb

Place the **lamb rump**, fat-side down, in a large frying pan. Place the pan over a medium heat and cook the **lamb**, undisturbed, until golden, **10-12 minutes**. Increase the heat to high, then sear on all sides for **30 seconds**. Add the **lamb** to the bowl with the **garlic-mustard mixture**. Turn to coat, then gently press the **pistachios** over all sides. Transfer, fat-side up, to a lined oven tray. Set aside.

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



Cook the baby broccoli

While the lamb is resting, trim the **baby broccoli**. Wipe out the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **baby broccoli** with a splash of **water**, tossing, until tender, **5-6 minutes**. Season to taste.



Roast the potato

While the lamb is in the pan, cut the **potato** into bite-sized chunks. Transfer to a second lined oven tray. Drizzle with **olive oil** and season with **salt**. Roast on the top oven rack until crisp and tender, **25-30 minutes**.



Serve up

Slice the pistachio-crusted lamb. Divide the lamb, potato, baby carrots and baby broccoli between plates. Top the lamb with the **chimichurri sauce** and any remaining pistachio crust from the tray to serve.

Enjoy!

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