

Pistachio-Crusted Lamb & Chimichurri

with Roast Potatoes & Baby Carrots

Grab your Meal Kit with this symbol



Pistachios



Garlic



Potato



Baby Carrots



Baby Broccoli



Chimichurri Sauce



Dijon Mustard



Lamb Rump

Prep in: **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
Dijon mustard	1 packet	2 packets
lamb rump	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)	2952kJ (706Cal)	480kJ (115Cal)
Protein (g)	54.3g	8.8g
Fat, total (g)	36.5g	5.9g
- saturated (g)	7.6g	1.2g
Carbohydrate (g)	37.1g	6g
- sugars (g)	10.4g	1.7g
Sodium (mg)	674mg	110mg

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.



Get prepped

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



Roast the carrots & lamb

- While the potato is roasting, trim green tops off **baby carrots**, then scrub them clean.
- Place **carrots** on the oven tray with the **lamb**. Drizzle **carrots** with **olive oil** and the **honey**, then season, tossing to coat.
- Roast until carrots are tender and lamb is cooked through, **20-25 minutes**.
- Transfer **lamb** to a plate to rest for **10 minutes**.

TIP: The lamb will keep cooking as it rests!



Cook the lamb

- Place **lamb rump**, fat-side down, in a large frying pan. Heat pan over medium heat and cook **lamb**, undisturbed, until golden, **10-12 minutes**.
- Increase heat to high, then sear on all sides for **30 seconds**.
- Add **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

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



Roast the potato

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



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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