



# Pistachio-Crusted Lamb Rump

with Rosemary Roasted Baby Carrots & Onion Glaze

Grab your Meal Kit with this symbol



Lamb Rump



Baby Carrots



Rosemary



Pistachios



Dijon Mustard



Potato



Baby Broccoli



Caramelised Onion Chutney

Hands-on: 35-45 mins  
Ready in: 40-50 mins

Naturally gluten-free  
*Not suitable for Coeliacs*

Succulent lamb coupled with roasted baby carrots, creamy mash and steamed baby broccoli, sit pretty together in this classic gourmet-style dinner. For the perfect finishing touch, we've added an irresistible caramelised onion glaze - never has a combination been so right!

### Pantry items

Olive Oil, Butter, Milk



## 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 · Medium saucepan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 packet	2 packets
baby carrots	1 bunch	2 bunches
rosemary	1 bunch	1 bunch
pistachios	1 packet	2 packets
Dijon mustard	1 tub (15g)	2 tubs (30g)
potato	2	4
baby broccoli	1 bunch	2 bunches
butter*	40g	80g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
caramelised onion chutney	1 tub (40g)	2 tubs (80g)
water*	1 tbs	2 tbs

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3069kJ (733Cal)	470kJ (112Cal)
Protein (g)	53.1g	8.1g
Fat, total (g)	39g	6g
- saturated (g)	15.6g	2.4g
Carbohydrate (g)	39.3g	6g
- sugars (g)	13.9g	2.1g
Sodium (mg)	698mg	107mg

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.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 Shiraz.



## Prep 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.

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



## Make the mash

While the lamb is roasting, bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Trim the **baby broccoli** and slice any thicker stems in half lengthways. Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. In the last **6-8 minutes** of cook time, place a steamer basket or colander over the potato. Add the **baby broccoli**, cover with a lid and steam until softened. Set the **baby broccoli** aside. Drain the **potato** and return to the saucepan with the **butter**, **milk** and **salt**. Mash with a potato masher or fork until smooth. Cover to keep warm.



## Roast the baby carrot

While the lamb is in the pan, trim the green tops from the **baby carrots**, then scrub the **baby carrots** clean (cut any thick carrots in half lengthways). Pick and finely chop the **rosemary** leaves. Place the **carrots**, 1/2 the **rosemary** and a generous drizzle of **olive oil** on a second baking tray lined with baking paper. Season with **salt** and **pepper**. Toss to coat and arrange in a single layer. Roast until golden and tender, **20-25 minutes**.



## Make the onion glaze

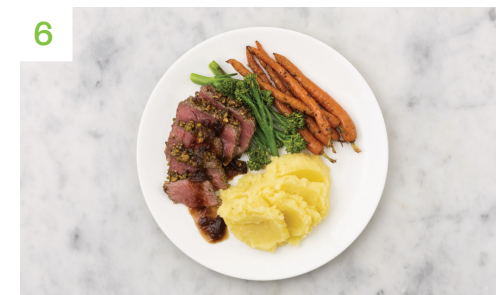
Return the frying pan to a medium heat with a drizzle of **olive oil**. Add the **onion chutney** and **water**, then season with **salt** and cook until heated through, **2 minutes**. Add the **lamb resting juices** and stir to combine.



## Roast the lamb

Using a rolling pin, finely crush the **pistachios** (or use a mortar and pestle). In a small bowl, combine the **pistachios** and the remaining **rosemary**, then season with **salt**. Use the back of a spoon to spread the **Dijon mustard** all over the **lamb**. Press the **pistachio** mix over all sides of the **lamb**. Roast for **15-20 minutes** for medium or until cooked to your liking. When the **lamb** is done, remove from the oven to rest.

**TIP:** The meat will keep cooking as it rests!



## Serve up

Slice the lamb rump. Divide the mash, pistachio-crusted lamb, rosemary roasted carrots and baby broccoli between plates. Serve with the onion glaze.

Enjoy!