



Pistachio-Crusted Lamb Rump

with Baby Carrots & Onion Glaze

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Lamb Rump



Baby Carrots



Herbs



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 sweet baby carrots, creamy mash and steamed baby broccoli, sit pretty together in this elegant dinner. For the finishing touch, whip up 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

Medium frying pan · Two oven trays lined with baking paper · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 packet	2 packets
baby carrots	1 bag	2 bags
herbs	2 sticks	4 sticks
pistachios	1 medium packet	1 large packet
Dijon mustard	1 packet (15g)	2 packets (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 packet (40g)	2 packets (80g)
water*	1 tbs	2 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3216kJ (769Cal)	492kJ (118Cal)
Protein (g)	56g	8.6g
Fat, total (g)	39.4g	6g
- saturated (g)	15.6g	2.4g
Carbohydrate (g)	44.2g	6.8g
- sugars (g)	14.7g	2.2g
Sodium (mg)	719mg	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.

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2022 | CW16



1 Prep the lamb

Preheat oven to **220°C/200°C fan-forced**. Lightly score **lamb rump** fat in a 1cm criss-cross pattern. Season **lamb** all over with **salt** and **pepper**, then place, fat-side down, in a medium frying pan. Place 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**. Transfer **lamb**, fat-side up, to a lined oven tray.

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



4 Make the mash

While lamb is roasting, bring a medium saucepan of lightly salted water to the boil. Peel **potato** and cut into large chunks. Trim **baby broccoli** and slice any thicker stems in half, lengthways. Cook **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**. In the last **6-8 minutes** of cook time, place a steamer basket or colander on top, then add **baby broccoli**. Cover and steam until tender. Transfer steamed **baby broccoli** to a bowl and cover to keep warm. Season, then set aside. Drain **potato** and return to saucepan. Add the **butter**, **milk** and the **salt**. Mash until smooth. Cover to keep warm.



2 Roast the carrots

While lamb is in the pan, trim green tops from **baby carrots** and scrub them clean (cut any thick carrots in half, lengthways). Pick and finely chop **herbs**. On a second lined oven tray, place **carrot** and **1/2 the herbs**. Drizzle generously with **olive oil**. Season, then toss to coat and arrange in a single layer. Roast until golden and tender, **20-25 minutes**.



5 Make the onion glaze

While lamb is resting, wipe out frying pan and return to medium heat with a drizzle of **olive oil**. Cook **caramelised onion chutney**, the **water** and a pinch of **salt**, stirring, until heated through, **2 minutes**. Add the lamb **resting juices**, stirring to combine.



3 Roast the lamb

Using a rolling pin, finely crush **pistachios** in their packet (or use a mortar and pestle). In a small bowl, combine **pistachios**, remaining **herbs** and a pinch of **salt**. Use the back of a spoon to spread **Dijon mustard** over **lamb**. Press **pistachio-herb** mixture over all sides of **lamb**. Roast for **15-20 minutes** for medium or until cooked to your liking. Set aside to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



6 Serve up

Slice pistachio-crusted lamb rump. Divide lamb, mash, baby carrots and baby broccoli between plates. Spoon onion glaze over lamb to serve.

Enjoy!

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Classic Chocolate Self-Saucing Pudding

with Mixed Berry Compote

Grab your Meal Kit with this symbol



Chocolate Pudding Mix



Light Cooking Cream



Mixed Berry Compote

 Hands-on: 10-20 mins
Ready in: 40-50 mins

Round out the meal with the very best kind of chocolate pudding – a self-saucing one! Cakey on top and with a rich chocolate sauce underneath, it's an indulgent dessert that never fails to please.

Pantry items

Butter, Eggs, 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

15x20cm baking dish

Ingredients

	4 People
butter*	80g
chocolate pudding mix	1 packet
eggs*	2
milk*	100ml
boiling water*	1¼ cups
light cooking cream	1 medium packet
mixed berry compote	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2670kJ (637Cal)	1020kJ (243Cal)
Protein (g)	10.5g	4.0g
Fat, total (g)	30.3g	11.5g
- saturated (g)	18.2g	6.9g
Carbohydrate (g)	78.5g	29.9g
- sugars (g)	67.3g	25.7g
Sodium (mg)	283mg	108mg

The quantities provided above are averages only.

Allergens

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Get prepped

Preheat oven to **180°C/160°C fan-forced**. Melt the **butter** in the microwave or a saucepan.



Prep the ingredients

Reserve 2 tbs of **chocolate pudding mix** and set aside. Crack the **eggs** into a large mixing bowl.



Combine the ingredients

To the large mixing bowl add the remaining **chocolate pudding mix**, **milk**, melted **butter** and a pinch of **salt**. Stir until well combined.



Prep the pudding

Pour the **chocolate pudding mixture** into the baking dish. Evenly sprinkle over the **reserved chocolate pudding mix**, then gently pour 1 1/4 cups **boiling water** over the back of a large metal spoon to cover the **pudding**.

TIP: *Pouring the water over the back of a spoon is a gentle way of adding the water without damaging the pudding.*



Bake the pudding

Bake **pudding** until just set and the centre has a wobble, **40-45 minutes**.



Serve up

Divide chocolate self-saucing pudding between bowls. Serve with **light cooking cream** and **mixed berry compote**.

Enjoy!

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