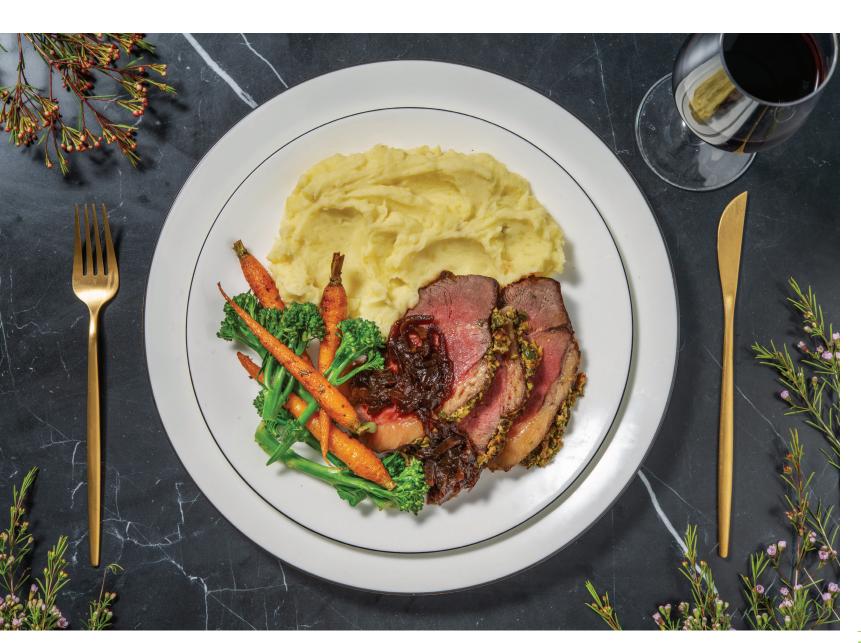
# Pistachio-Crusted Lamb Rump

with Baby Carrots & Onion Glaze









Lamb Rump



Herbs



Pistachios





Potato

Dijon Mustard



Baby Broccoli



Onion Chutney

**Pantry items** 

Olive Oil, Butter, Milk

Not suitable for coeliacs

#### 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

 $\label{eq:medium frying pan Two oven trays lined with baking paper \cdot Medium saucepan with a lid$ 

## 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	½ cup
salt*	1/4 tsp	½ tsp
caramelised onion chutney	1 packet (40g)	2 packets (80g)
water*	1 tbs	2 tbs

<sup>\*</sup>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.



# 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.



#### 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**.



#### 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!



## 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.



## 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.



## 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!

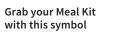
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# Classic Chocolate Self-Saucing Pudding

with this symbol with Mixed Berry Compote









**Chocolate Pudding** 





Mixed Berry Compote

**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

<sup>\*</sup>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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Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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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