



Roast Lamb & Dukkah Fetta Potatoes

with Rocket Salad, Green Beans & Currants

Grab your Meal Kit with this symbol



Lamb Rump



Potato



Dukkah



Fetta Cubes



Red Onion



Green Beans



Roasted Almonds



Greek-Style Yoghurt



Harissa Paste



Cherry Tomatoes



Rocket Leaves



Currants

Hands-on: **35-45 mins**
 Ready in: **45-55 mins**
Naturally Gluten-Free
Not suitable for coeliacs

This tender roast lamb is the ultimate crowd pleaser, and even better with the dukkah and fetta potatoes. The peppery salad cuts the lamb's richness, and the currant-adorned green beans are a textural treat.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

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
lamb rump	1 packet	2 packets
potato	2	4
dukkah	1 medium sachet	1 large sachet
fetta cubes	1 medium packet	1 large packet
red onion	1	2
balsamic vinegar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
green beans	1 small bag (100g)	1 medium bag (200g)
roasted almonds	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
harissa paste	1 medium packet	1 large packet
cherry tomatoes	1 punnet	2 punnets
rocket leaves	1 small bag (30g)	1 medium bag (60g)
white wine vinegar*	drizzle	drizzle
currants	1 medium packet	1 large packet

*Pantry Items

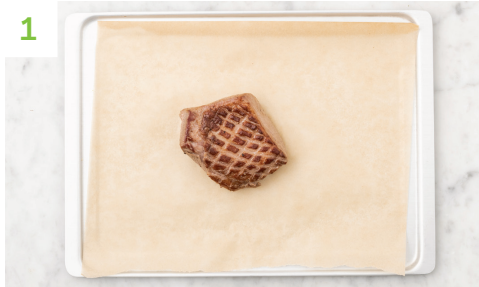
Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3285kJ (785Cal)	422kJ (100Cal)
Protein (g)	64.8g	8.3g
Fat, total (g)	33.3g	4.3g
- saturated (g)	9.6g	1.2g
Carbohydrate (g)	52g	6.7g
- sugars (g)	23.6g	3g
Sodium (mg)	990mg	127mg

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.



Cook the lamb

Preheat the oven to **240°C/220°C fan-forced**. Lightly score the **lamb fat** in a 1cm criss-cross pattern. Season the **lamb rump** all over 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 a lined oven tray. Roast for **15-20 minutes** for medium or until cooked to your liking. Remove from the oven and cover with foil to rest for **10 minutes**.

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



Get prepped

While the onion is caramelising, trim the **green beans**. Roughly chop the **roasted almonds**. In a small bowl, combine the **Greek-style yoghurt** and **harissa paste**. Halve the **cherry tomatoes**. In a medium bowl, combine the **tomatoes, rocket leaves**, a drizzle of **white wine vinegar** and a drizzle of **olive oil**. Season.



Roast the dukkah potatoes

While the lamb is in the pan, cut the **potato** into bite-sized chunks. Place on a second lined oven tray. Drizzle with **olive oil**, then sprinkle with the **dukkah** and a pinch of **salt**. Toss to coat. Roast until tender, **20-25 minutes**. Remove from the oven, then crumble over the **fetta cubes**, tossing to combine.



Cook the green beans

Wipe out and return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **green beans** and cook, tossing, until tender, **3-4 minutes**. Add the **currants** and cook, until softened, **1-2 minutes**.



Caramelize the red onion

While the potatoes are roasting, thinly slice the **red onion**. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **onion** and cook, stirring regularly until softened, **5-6 minutes**. Reduce the heat to medium. Add the **balsamic vinegar, water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



Serve up

Slice the lamb, then place on a serving dish alongside the caramelised onion. Sprinkle the almonds over the rocket salad. Bring everything to the table to serve. Help yourself to the lamb and onion, dukkah fetta potatoes, rocket salad and green beans with currants. Serve with the harissa yoghurt.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

