



Seared Lamb Backstrap & Herby Mash

with Roast Veggie, Fetta & Almond Salad

Grab your Meal Kit with this symbol



Carrot



Beetroot



Nan's Special Seasoning



Potato



Herbs



Lamb Backstrap



Mixed Leaves



Fetta Cubes



Slivered Almonds



Mint Sauce

Prep in: **20-30 mins**
Ready in: **30-40 mins**

Naturally Gluten-Free
Not suitable for coeliacs

Rich, tender and a real crowd pleaser, serve this premium cut of meat with some solid sides and watch everyone go back for more. The citrusy herbs in the mash work especially well with the mint sauce, while the salad offers a sweet, earthy and peppery depth of flavour, with a bit of zing to cut through the richness.

Pantry items

Olive Oil, Butter, Milk, Balsamic 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

Medium saucepan with a lid · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
beetroot	1	2
Nan's special seasoning	1 medium sachet	1 large sachet
potato	2	4
herbs	1 bag	1 bag
butter*	40g	80g
milk*	2 tbs	¼ cup
lamb backstrap	1 small packet	1 large packet
mixed leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
fetta cubes	1 small packet	1 medium packet
slivered almonds	1 medium packet	1 large packet
mint sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2989kJ (714Cal)	464kJ (111Cal)
Protein (g)	45.8g	7.1g
Fat, total (g)	37.6g	5.8g
- saturated (g)	17.3g	2.7g
Carbohydrate (g)	51g	7.9g
- sugars (g)	27.7g	4.3g
Sodium (mg)	930mg	144mg

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.



1 Prep the veggies

Preheat oven to **240°C/220°C fan-forced**. Bring a medium saucepan of salted water to the boil. Cut **carrot** into thick rounds. Cut **beetroot** into small chunks.



2 Roast the veggies

Place **carrot** and **beetroot** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Nan's special seasoning** and season with **salt**. Toss to coat. Roast until tender, **20-25 minutes**. Set aside to cool slightly.

TIP: If your oven tray is crowded, divide the veggies between two trays.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



3 Make the mash

Meanwhile, peel **potato** and cut into large chunks. Roughly chop **herbs**. Cook **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to pan. Add the **butter**, the **milk** and 1/2 the **herbs**. Season generously with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



4 Cook the lamb

While the potato is cooking, pat **lamb backstrap** dry with a paper towel, then season with **salt** and **pepper** on both sides. Heat a large frying pan over high heat. When the pan is hot, add **lamb** and cook for **3-4 minutes** each side for medium or until cooked to your liking. Set aside to rest for **5 minutes** (it will keep cooking as it rests!).



5 Make the salad

While the lamb is cooking, combine the slightly cooled roast **veggies**, **mixed leaves** and a drizzle of **balsamic vinegar** and **olive oil** in a large bowl. Toss to coat. Season to taste.



6 Serve up

Slice the seared lamb backstrap. Divide lamb, herby mash and roast veggie salad between plates. Top salad with **fetta cubes** and **slivered almonds**. Sprinkle with remaining herbs. Serve with **mint sauce**.

Enjoy!

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