



SPICED LAMB RUMP & PARSLEY YOGHURT WITH CAULIFLOWER PEARL COUSCOUS



Use currants to add sweetness to a dish



Lamb Rump



Cauliflower



Parsley



Greek Yoghurt



Souk Market Spice Blend



Pearl Couscous



Currants



Lemon



Baby Spinach Leaves



Capers

Hands-on: **25-35 mins**
Ready in: **40-50 mins**

Follow our simple steps to get a golden coating on your tender lamb roast. Then create an assortment of sides to really elevate the dish to the next level. Cauliflower and pearl couscous get upgraded with currants and a drizzling of browned butter, while yoghurt is mixed with parsley for a cooling side. Dining at home has never been this good!

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium frying pan** • **two oven trays** lined with **baking paper**



1 START THE LAMB

Preheat the oven to **220°C/200°C fan-forced**. Lightly score the **lamb** fat in a 1cm criss-cross pattern. Place the **lamb rump**, fat-side down, in a medium frying pan (no need for oil!). Place the pan over a medium heat and cook, undisturbed, until golden, **10-12 minutes**. Increase the heat to high and sear the **lamb** on all sides for **30 seconds**.

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



2 ROAST THE CAULIFLOWER

While the lamb is in the pan, cut the **cauliflower** into small florets, place on an oven tray lined with baking paper and **drizzle** with **olive oil**. Season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**. Finely chop the **parsley**. In a small bowl, combine the **Greek yoghurt** and **1/2** the **parsley** with a **pinch** of **salt** and **pepper**. Set aside.



3 ROAST THE LAMB

In a medium bowl, combine the **Souk Market spice blend**, the **salt** and a **generous drizzle** of **olive oil**. Add the seared **lamb** to the **spiced oil** and toss to coat. Transfer, fat-side up, to a second oven tray lined with baking paper. Roast for **15-20 minutes** for medium or until cooked to your liking. Remove from the oven, cover with foil and set aside to rest for **10 minutes**. **TIP:** The meat will keep cooking as it rests!



4 COOK THE PEARL COUSCOUS

While the lamb is roasting, wash the frying pan. Return to a medium-high heat with a **drizzle** of **olive oil** and the **pearl couscous**. Toast, stirring occasionally, until golden, **1-2 minutes**. Add the **water**, **currants** and a **pinch** of **salt**. Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water has been absorbed, **10-12 minutes**. Transfer to a large bowl.



5 FRY THE CAULIFLOWER

Zest the **lemon** (see ingredients list) to get a **pinch**. Roughly chop the **baby spinach leaves**. Wipe out the frying pan, return to a medium-high heat and add the **butter**. Cook until melted and browned slightly, **1-2 minutes**. Add the **cauliflower**, drained **capers**, **lemon zest** and the **remaining parsley** and toss to coat. Add the **cauliflower mixture**, **baby spinach** and a **squeeze** of **lemon juice** to the **pearl couscous**. Toss to coat and season to taste with **salt** and **pepper**.



6 SERVE UP

Thinly slice the lamb. Divide the cauliflower pearl couscous between plates and top with the lamb. Pour over the resting juices from the lamb and top with parsley yoghurt.

ENJOY!

2/4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
lamb rump	1 packet	2 packets
cauliflower	1 portion	2 portions
parsley	1 bag	1 bag
Greek yoghurt	1 packet (100g)	2 packets (200g)
Souk Market spice blend	1 sachet	2 sachets
salt*	½ tsp	1 tsp
pearl couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
currants	1 packet	2 packets
lemon	½	1
baby spinach leaves	1 bag (30g)	1 bag (60g)
butter*	30g	60g
capers	1 tub	2 tubs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3380kJ (807Cal)	594kJ (142Cal)
Protein (g)	67.7g	11.9g
Fat, total (g)	33.7g	5.9g
- saturated (g)	16.8g	3.0g
Carbohydrate (g)	54.7g	9.6g
- sugars (g)	17.4g	3.1g
Sodium (g)	1010mg	177mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

PAIR THIS MEAL WITH

Pinot Noir
or
Nebbiolo

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