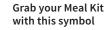


Lamb Rump & Grilled Capsicum Tacos with Charred Corn, Avocado & Pickled Radish

NEXT-LEVEL TACOS









Lamb Rump

Radish





Mexican Fiesta Spice

Capsicum





Sweetcorn





Tortillas



Smokey Aioli

Coriander



Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

| | 2 People | 4 People |
|------------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| lamb rump | 1 packet | 1 packet |
| radish | 2 | 4 |
| white wine vinegar* | 1/4 cup | ½ cup |
| Mexican Fiesta spice blend 🥖 | 1 sachet | 1 sachet |
| capsicum | 1 | 2 |
| onion | 1 (medium) | 1 (large) |
| sweetcorn | 1 tin | 1 tin |
| avocado | 1 | 2 |
| mini flour tortillas | 6 | 12 |
| smokey aioli | 1 medium packet | 1 large packet |
| coriander | 1 bag | 1 bag |
| | | |

^{*}Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4438kJ (1061Cal) | 737kJ (176Cal) |
| Protein (g) | 44.3g | 7.4g |
| Fat, total (g) | 64g | 10.6g |
| - saturated (g) | 23.7g | 3.9g |
| Carbohydrate (g) | 53.1g | 8.8g |
| - sugars (g) | 12.6g | 2.1g |
| Sodium (mg) | 1484mg | 246mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Sear the lamb

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

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



Pickle the radish

- Meanwhile, thinly slice radish. In a small bowl, combine the white wine vinegar and a good pinch of sugar and salt.
- Add radish to the pickling liquid with just enough water to cover radish. Set aside.



Roast the lamb

- SPICY! This spice blend is hot! Add less if you're sensitive to heat. Combine Mexican Fiesta spice blend and a drizzle of olive oil in a second small bowl. Season.
- Transfer lamb, fat-side up, to a lined oven tray.
 Use back of a spoon to spread spice mixture over the lamb.
- Roast for 15-20 minutes for medium or until cooked to your liking.
- Remove lamb from the oven, cover with foil and set aside to rest for 10 minutes.

TIP: The lamb will keep cooking as it rests!



Cook the veggies

- While the lamb is roasting, thinly slice capsicum and onion. Drain the sweetcorn.
- Wipe out the frying pan, then return to high heat with a drizzle of olive oil. Cook capsicum, onion and corn, until tender and slightly charred, 4-5 minutes.



Warm the tortillas

- Meanwhile, slice avocado in half, scoop out flesh and thinly slice.
- Microwave mini flour tortillas on a plate in 10 second bursts until warmed through.



Serve up

• Drain pickled radish.

Rate your recipe

- Thinly slice lamb and bring everything to the table to serve.
- Spread each tortilla with smokey aioli. Build each taco with some lamb, grilled veggies, avocado and pickled radish.
- Tear over **coriander** to serve. Enjoy!

