



Lamb Rump & Grilled Capsicum Tacos

with Charred Corn, Avocado & Pickled Radish

NEW

Grab your Meal Kit with this symbol



Lamb Rump



Radish



Mexican Fiesta Spice Blend



Onion



Capsicum



Corn Cob



Avocado



Mini Flour Tortillas



Smokey Aioli



Coriander

Prep in: 25-35 mins
Ready in: 40-50 mins

Looks like our tacos are evolving into their ultimate phase! These new and improved tacos come equipped with tender lamb rump, cooked to perfection, pickled radish, avocado and for their finishing move - smokey grilled capsicum. These are some seriously S-class tacos.

Pantry items

Olive Oil, White Wine Vinegar

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*	¼ cup	½ cup
Mexican Fiesta spice blend 🌶️	1 sachet	1 sachet
onion	½	1
capsicum	1	2
corn cob	1 cob	2 cobs
avocado	1 (small)	1 (large)
mini flour tortillas	6	12
smokey aioli	1 medium packet	1 large packet
coriander	½ bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4196kJ (1003Cal)	733kJ (175Cal)
Protein (g)	43g	7.5g
Fat, total (g)	57.9g	10.1g
- saturated (g)	21.3g	3.7g
Carbohydrate (g)	54g	9.4g
- sugars (g)	13.4g	2.3g
Sodium (mg)	1486mg	260mg

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.

1



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.

4



Cook the veggies

- While the lamb is roasting, thinly slice **onion (see ingredients)** and **capsicum**. Slice kernels off the **corn cob**.
- 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**.

2



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.

5



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.

3



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!

6



Serve up

- Drain pickled radish.
- Thinly slice lamb and bring everything to the table to serve.
- Spread each tortilla with **smokey aioli**.
- Top with some lamb, grilled veggies, avocado and pickled radish.
- Tear over **coriander (see ingredients)** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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