



Tender Lamb Rump & Mushroom Red Wine Sauce

with Dauphinoise Potatoes & Garlicky Green Beans

GOURMET

Grab your Meal Kit with this symbol



Lamb Rump



Aussie Spice Blend



Potato



Garlic



Cream



Chicken-Style Stock Powder



Grated Parmesan Cheese



Button Mushrooms



Green Beans



Red Wine Jus

Prep in: 30-40 mins
Ready in: 40-50 mins

Lamb rump is usually served drizzled in a mint sauce, but we dare you to try out this mushroom red wine sauce, decadent and rich in earthy tones. Trust us, when it comes to lamb, this is the new mint sauce!

Pantry items

Olive Oil

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 · Medium saucepan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
potato	2	4
garlic	3 cloves	6 cloves
cream	½ packet (125ml)	1 packet (250ml)
chicken-style stock powder	1 medium sachet	1 large sachet
grated Parmesan cheese	1 medium packet	1 large packet
button mushrooms	1 medium packet	1 large packet
green beans	1 small packet	1 medium packet
red wine jus	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3970kJ (949Cal)	595kJ (142Cal)
Protein (g)	46.4g	7g
Fat, total (g)	57.2g	8.6g
- saturated (g)	32.3g	4.8g
Carbohydrate (g)	41.7g	6.2g
- sugars (g)	21.8g	3.3g
Sodium (mg)	1360mg	204mg

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.

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Roast 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**.
- Meanwhile, combine **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper** in a small bowl.
- Increase heat of the pan to high and sear **lamb** on all sides for **30 seconds**.
- Transfer **lamb**, fat-side up, to a lined oven tray. Use the back of a spoon to spread **spice mixture** over the **lamb**. Roast **lamb** 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**.



Cook the garlic beans

- While the potatoes are baking, thinly slice **button mushrooms**. Trim **green beans**.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **green beans**, tossing, until tender, **4-5 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**. Season to taste. Transfer onto a plate and cover to keep warm.



Prep the potatoes

- While the lamb is roasting, bring a medium saucepan of salted water to the boil. Slice **potato** into 0.5cm-thick rounds. Finely chop **garlic**.
- Cook **potato** in the boiling water, over high heat, until just tender, **4-6 minutes**. Drain **potato**, then return to the saucepan.
- In a second small bowl, combine **cream** (see ingredients), **chicken-style stock powder**, half the **garlic** and a pinch of **salt** and **pepper**. Set aside.



Make the sauce

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **mushrooms** until browned and softened, **8-10 minutes**.
- Add **red wine jus** and splash of **water**, then simmer for **1-2 minutes**. Season to taste.



Bake the potatoes

- In a baking dish, arrange **potato slices** so they sit flat. Pour over **cream mixture**, then gently shake the dish to coat **potatoes**.
- Sprinkle with **grated Parmesan cheese**. Cover with foil. Bake until potatoes have softened, **14-16 minutes**.
- Remove foil from dish, then return to the oven. Bake **potatoes** until golden and the centre can be easily pierced with a fork, a further **10-12 minutes**.



Serve up

- Slice lamb rump.
- Divide lamb, dauphinoise potatoes and garlicky green beans between plates.
- Top lamb with mushroom red wine sauce to serve. Enjoy!

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