



Easy Rosemary Lamb & Beetroot Salad

with Garlic Yoghurt

SUMMER SALADS

Grab your Meal Kit with this symbol



Lamb Rump



Beetroot



Onion



White Turnip



Courgette



Aussie Spice Blend



Rosemary



Garlic



Greek-Style Yoghurt



Baby Leaves



Lamb Rump

Prep in: 15-25 mins
Ready in: 35-45 mins

Carb Smart*
**Custom Recipe is not Carb Smart*

No need to be shy, we both know you want to dig in as soon as this meal hits the table. Those juicy roasted lamb slices are very alluring and the call of a bright roast veggie salad is hard to pass up. We say, don't resist, follow your nose and take a bite. You won't believe that you made this in no time at all.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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

Medium frying pan · Two oven trays lined with baking paper

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
beetroot	1	2
onion	½	1
white turnip	1	2
courgette	1	2
Aussie spice blend	1 medium sachet	1 large sachet
rosemary	2 sticks	4 sticks
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
baby leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
lamb rump**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2701kJ (646Cal)	422kJ (101Cal)
Protein (g)	40.2g	6.3g
Fat, total (g)	33g	5.2g
- saturated (g)	16.3g	2.5g
Carbohydrate (g)	30.8g	4.8g
- sugars (g)	21.7g	3.4g
Sodium (mg)	747mg	117mg
Dietary Fibre (g)	9.1g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4512kJ (1078Cal)	552kJ (132Cal)
Protein (g)	71.8g	8.8g
Fat, total (g)	58.5g	7.2g
- saturated (g)	30.8g	3.8g
Carbohydrate (g)	30.8g	3.8g
- sugars (g)	21.7g	2.7g
Sodium (mg)	868mg	106mg

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.

We're here to help!

Scan here if you have any questions or concerns



Cook the lamb

- Preheat oven to **220°C/200°C fan-forced**. Lightly score **lamb rump** fat in a 1cm criss-cross pattern. Season **lamb** all over with **salt** and **pepper** and place, fat-side down, in a medium frying pan.
- Place the pan over medium heat and cook undisturbed until golden, **10-12 minutes**. Increase heat to high and sear **lamb** on all sides, **30 seconds**. Transfer lamb, fat-side up, to a lined oven tray.

Custom Recipe: If you've doubled your lamb rump, cook in batches for best results.



Roast the lamb

- Meanwhile, pick and finely chop **rosemary**. In a small bowl, combine **rosemary**, a generous drizzle of **olive oil** and a good pinch of **salt** and **pepper**. Use the back of a spoon to spread **rosemary oil** over **lamb**.
- Roast for **15-20 minutes** for medium or until cooked to your liking. Remove from the oven and cover with foil to rest for **10 minutes**.
- While the lamb is roasting, finely chop **garlic**. Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**.
- Transfer to a second small bowl, then add **Greek-style yoghurt** to **garlic oil** and stir to combine. Season to taste.

Custom Recipe: Spread lamb between two oven trays if your tray is getting crowded.



Roast the veggies

- While the lamb is cooking, cut **beetroot** and **onion** (see ingredients) into bite-sized chunks. Peel **white turnip**, then cut into small chunks. Slice **courgette** into rounds.
- Place **veggies** on a second lined oven tray. Sprinkle over **Aussie spice blend**, drizzle with **olive oil** and season. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.



Serve up

- Add **baby leaves** and a drizzle of **vinegar** to the tray with roasted veggies. Gently toss to combine.
- Slice rosemary lamb.
- Divide roast veggie salad and rosemary lamb between plates.
- Spoon over garlic yoghurt to serve. Enjoy!

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