

# Easy Roast Lamb & South American Potatoes

with Salsa Verde & Slaw

Grab your Meal Kit with this symbol



Lamb Rump



Potato



South American Seasoning



Coriander



Chilli Flakes (Optional)



Carrot



Shredded Cabbage Mix



Mayonnaise



Lamb Rump

Prep in: **15-25 mins**  
Ready in: **40-50 mins**

This is a dazzling twist on a classic Sunday roast with all the trimmings. Lamb rump, cooked to pinky perfection, golden spiced potatoes, a zingy salsa verde and crunchy slaw. Is your mouth watering yet? Time to get this in the oven!

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

### 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 · Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>lamb rump</b>	1 medium packet	2 medium packets OR 1 large packet
potato	2	4
South American seasoning	1 sachet	2 sachets
coriander	1 packet	1 packet
chilli flakes (optional)	½ pinch	1 pinch
carrot	1	2
shredded cabbage mix	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
<b>lamb rump**</b>	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3037kJ (726Cal)	545kJ (130Cal)
Protein (g)	38.2g	6.9g
Fat, total (g)	36g	6.5g
- saturated (g)	15.9g	2.9g
Carbohydrate (g)	42.7g	7.7g
- sugars (g)	21.9g	3.9g
Sodium (mg)	789mg	141mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4822kJ (1152Cal)	658kJ (157Cal)
Protein (g)	69.4g	9.5g
Fat, total (g)	61.1g	8.3g
- saturated (g)	30.2g	4.1g
Carbohydrate (g)	42.7g	5.8g
- sugars (g)	21.9g	3g
Sodium (mg)	908mg	124mg

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](https://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

2024 | CW15



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## Start the lamb

- Preheat oven to **240°C/220°C fan-forced**.
- Lightly score fat of **lamb rump** in a criss-cross pattern. Season **lamb** on both sides.
- In a large frying pan, place **lamb** fat-side down. Place pan over medium heat and cook **lamb**, undisturbed, until golden, **10-12 minutes**. Increase heat to high, then sear **lamb** on all sides for **30 seconds**.

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

2



## Roast the lamb

- Transfer **lamb**, fat-side up, to a second lined oven tray. 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!*

3



## Roast the potatoes

- While the lamb is cooking, cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **South American seasoning** and season with **salt**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

4



## Make the salsa verde

- While the lamb is roasting, finely chop **coriander**.
- In a small bowl, combine **coriander**, **olive oil** (2 tbs 2 people / ¼ cup 4 people) and a pinch of **chilli flakes** (if using). Season and set aside.

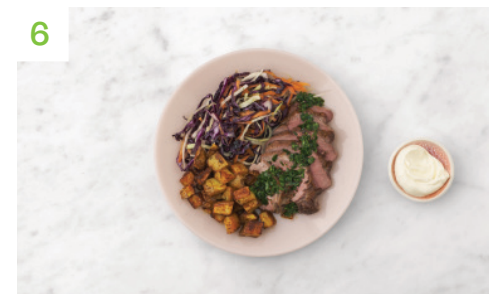
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## Toss the slaw

- Grate **carrot**.
- In a large bowl, combine **carrot**, **shredded cabbage mix** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

6



## Serve up

- Slice roast lamb rump.
- Divide South American potatoes, slaw and lamb between plates. Top lamb with salsa verde.
- Serve with **mayonnaise**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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