



# Easy Asian Sweet Chilli-Glazed Lamb Rump

with Roast Sesame Pumpkin & Radish Salad

NEW

Grab your Meal Kit with this symbol



Lamb Rump



Garlic



Radish



Peeled Pumpkin Pieces



Sesame Seeds



Sweet Chilli Sauce



Mixed Salad Leaves



Lamb Rump

Prep in: 15-25 mins  
Ready in: 45-55 mins

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

Lamb rump is usually served drizzled in mint sauce, but we strongly recommend you give this Asian twist a try. Succulent lamb is smothered in sweet chilli sauce, creating a flavourful glaze that perfectly compliments its meaty flavour. With roasted wedges of pumpkin and a crisp radish salad, it's a combo you didn't know you needed!

**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

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
lamb rump	1 medium packet	2 medium packets OR 1 large packet
garlic	2 cloves	4 cloves
radish	1	2
peeled pumpkin pieces	1 medium packet	1 large packet
sesame seeds	1 medium sachet	1 large sachet
sweet chilli sauce	1 medium packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet
<b>vinegar*</b> (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)	2651kJ (634Cal)	574kJ (137Cal)
Protein (g)	37g	8g
Fat, total (g)	34g	7.4g
- saturated (g)	15.8g	3.4g
Carbohydrate (g)	23.8g	5.2g
- sugars (g)	17.9g	3.9g
Sodium (mg)	313mg	68mg
Dietary Fibre (g)	4.7g	1g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4436kJ (1060Cal)	697kJ (167Cal)
Protein (g)	68.1g	10.7g
Fat, total (g)	59.1g	9.3g
- saturated (g)	30.1g	4.7g
Carbohydrate (g)	23.8g	3.7g
- sugars (g)	17.9g	2.8g
Sodium (mg)	432mg	68mg
Dietary fibre	4.7g	0.7g

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 | CW17



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## Start the lamb

- Preheat oven to **220°C/200°C fan-forced**. Lightly score **lamb** 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.

**Custom Recipe:** If you've doubled your lamb rump, cook lamb in batches if necessary.

3



## Roast the lamb & pumpkin

- Transfer **lamb**, fat-side up, to a second lined oven tray. Roast for **15-20 minutes** for medium or until cooked to your liking.
- Spread **pumpkin** out evenly, then roast until tender, **20-25 minutes**.
- Remove **lamb** from the oven, pour over **sweet chilli sauce**, cover with foil and set aside to rest for **10 minutes**.

**TIP:** The lamb will keep cooking as it rests!

**Custom Recipe:** Spread lamb across two trays if necessary.

2



## Get prepped

- Meanwhile, finely chop **garlic**. Thinly slice **radish**.
- Place **peeled pumpkin pieces** on a lined oven tray. Sprinkle over **sesame seeds, garlic** and drizzle with **olive oil**. Season with **salt** and toss to coat.

4



## Serve up

- Meanwhile, combine **radish, mixed salad leaves** and a drizzle of **vinegar** and **olive oil** in a large bowl. Season with a pinch of salt and **pepper**.
- Slice lamb rump.
- Divide Asian sweet chilli lamb rump, sesame pumpkin wedges and radish salad between plates.
- Spoon any remaining glaze over lamb to serve. Enjoy!

## Rate your recipe

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