



Easy Asian Sweet Chilli-Glazed Lamb Rump

with Roast Sesame Pumpkin & Radish Salad

NEW



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 complements 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.

Grab your Meal Kit
with this symbol



Lamb Rump



Garlic



Radish



Peeled Pumpkin
Pieces



Sesame Seeds



Sweet Chilli
Sauce



Mixed Salad
Leaves



Lamb Rump

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
olive oil*	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
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)	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



2



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



4



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.

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!

We're here to help!

Scan here if you have any questions or concerns



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