



Roasted Lamb Rump & Pesto Butter Sauce

with Salt & Vinegar Roasted Potatoes

Grab your Meal Kit with this symbol



Lamb Rump



Potato



Garlic



Red Onion



Radish



Tomato



Mixed Salad Leaves



Basil Pesto

Hands-on: **20-30 mins**
Ready in: **35-45 mins**

You know you're in for a good night when the only thing standing between you and this classy pub-style meal is a matter of minutes. With only the most tender lamb rump cut, buttery pesto sauce and roasted chunks of potato splashed with vinegar, you can't go wrong.

Pantry items

Olive Oil, Balsamic Vinegar, Butter, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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 packet	1 packet
potato	3	6
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
red onion	1 (medium)	1 (large)
radish	2	4
tomato	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (30g)	1 bag (60g)
butter*	20g	40g
basil pesto	1 packet (50g)	1 packet (100g)
white wine vinegar*	1 tbs	2 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3696kJ (883Cal)	614kJ (147Cal)
Protein (g)	40.5g	6.7g
Fat, total (g)	53.9g	8.9g
- saturated (g)	22.5g	3.7g
Carbohydrate (g)	38.5g	6.4g
- sugars (g)	6.8g	1.1g
Sodium (mg)	540mg	90mg

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.



Start the lamb

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

TIP: Starting the lamb in a cold pan helps the fat melt without burning.



Roast the lamb

Transfer the **lamb**, fat-side up, to a lined oven tray. Roast for **15-20 minutes** for medium or until cooked to your liking. Remove the tray from the oven and cover the **lamb** with foil to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



Roast the potatoes

While the lamb is roasting, cut the **potato** into bite-sized chunks, then place on a second lined oven tray. Drizzle with **olive oil**, add the **salt** and season with **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



Prep the salad

While the potatoes are roasting, finely chop the **garlic**. Finely chop the **red onion**. Thinly slice the **radish** and **tomato**. In a medium bowl, combine a drizzle of **olive oil** and **balsamic vinegar**. Season, then add the **radish**, **tomato** and **mixed salad leaves**. Set aside.



Make the pesto butter sauce

While the lamb is resting, wipe out the pan, then return to a medium heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **2-3 minutes**. Add the **garlic** and the **butter** and cook, stirring, until fragrant, **1 minute**. Stir through the **basil pesto** and any **lamb resting juices**. Season to taste.



Serve up

Slice the roasted lamb rump. Add the **white wine vinegar** to the roasted potatoes and toss to coat. Toss the salad. Divide the lamb, radish salad and salt and vinegar roasted potatoes between plates. Spoon the pesto butter sauce over the lamb to serve.

Enjoy!