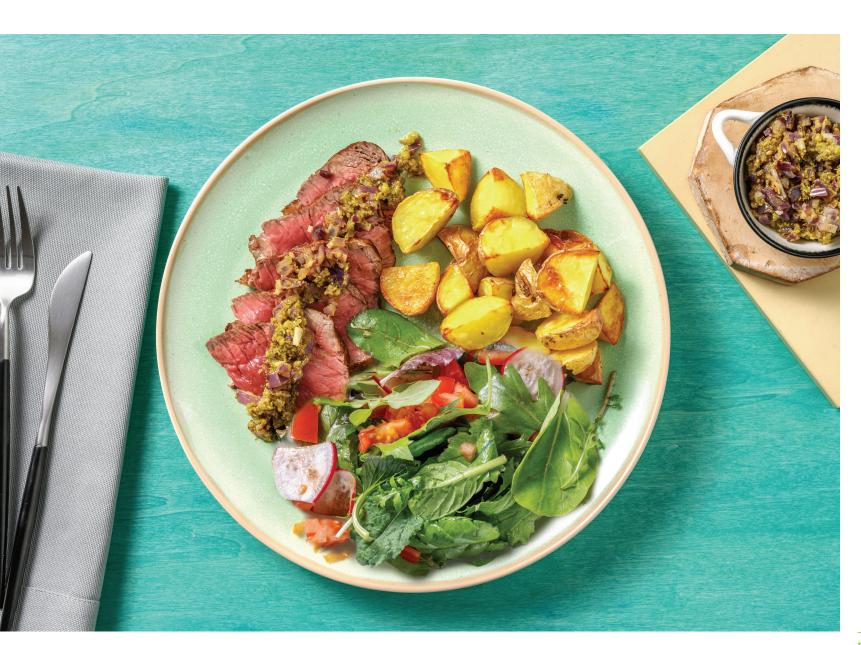


Roasted Lamb Rump & Pesto Butter Sauce

with Salt & Vinegar Roasted Potatoes

Grab your Meal Kit with this symbol









Lamb Rump









Red Onion





Tomato

Mixed Salad Leaves

Basil Pesto

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
lamb rump	1 packet	1 packet	
potato	3	6	
salt*	1/4 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	1 bag	1 bag	
leaves	(30g)	(60g)	
butter*	20g	40g	
basil pesto	1 packet	1 packet	
	(50g)	(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!