

# Herby Lamb & Root Veggie Salad

with Garlic Yoghurt

Grab your Meal Kit with this symbol



Beetroot



Onion



Parsnip



Carrot



Aussie Spice Blend



Herbs



Garlic



Baby Spinach Leaves



Lamb Rump




Greek-Style Yoghurt

## Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **15-25** mins  
Ready in: **35-45** mins

 Carb Smart

No need to be shy, we both know you want to dig in as soon as this meal hits the table. Those juicy roasted lamb slices are very alluring and the call of a bright roast beetroot salad is hard to pass up. We say, don't resist, follow your nose and take a bite. You won't believe that you made this in no time at all.

## Pantry items

Olive Oil, Red 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

Medium 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 packet	1 packet
beetroot	1	2
onion	1 (medium)	1 (large)
parsnip	1	2
carrot	1	2
Aussie spice blend	1 sachet	1 sachet
herbs	2 sticks	4 sticks
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
<b>red wine vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2706kJ (647Cal)	455kJ (109Cal)
Protein (g)	39.7g	6.7g
Fat, total (g)	34.1g	5.7g
- saturated (g)	16.4g	2.8g
Carbohydrate (g)	28.8g	4.8g
- sugars (g)	19.2g	3.2g
Sodium (mg)	741mg	125mg
Dietary Fibre (g)	10g	1.7g

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

2022 | CW25



1



## Prep the lamb

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

3



## Roast the lamb

- Meanwhile, pick and finely chop **herbs**.
- In a small bowl, combine **herbs**, a generous drizzle of **olive oil** and a good pinch of **salt** and **pepper**. Use the back of a spoon to spread **herb oil** over **lamb**.
- Roast for **15-20 minutes** for medium or until cooked to your liking. Remove from the oven and cover with foil to rest for **10 minutes**.
- While the lamb is roasting, finely chop **garlic**.
- Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**.
- Transfer to a small bowl, then add **Greek-style yoghurt** to **garlic oil** and stir to combine. Season to taste.

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

2



## Roast the veggies

- Meanwhile, cut **beetroot**, **onion**, **parsnip** and **carrot** into bite-sized chunks.
- Place **veggies** on a second lined oven tray. Sprinkle over **Aussie spice blend**, drizzle with **olive oil** and season. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.

4



## Serve up

- To the roasted veggies, add **baby spinach leaves** and a drizzle of **red wine vinegar**. Gently toss to combine.
- Slice herby lamb.
- Divide root veggie salad and lamb between plates.
- Spoon over garlic yoghurt to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)