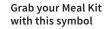
Herby Lamb & Root Veggie Salad with Garlic Yoghurt















Parsnip



Carrot

Aussie Spice



Blend



Garlic

Baby Spinach







Lamb Rump

Yoghurt

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

 $\label{eq:medium frying pan Two oven trays lined with baking paper$

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 packet	1 packet
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
red wine vinegar*	drizzle	drizzle

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
2706kJ (647Cal)	455kJ (109Cal)
39.7g	6.7g
34.1g	5.7g
16.4g	2.8g
28.8g	4.8g
19.2g	3.2g
741mg	125mg
10g	1.7g
	2706kJ (647Cal) 39.7g 34.1g 16.4g 28.8g 19.2g 741mg

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.



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.



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.





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.



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!



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