

# Easy Honey Harissa Lamb

with Roasted Root Veggie Toss & Garlic Yoghurt

Grab your Meal Kit with this symbol



Lamb Rump



Harissa Paste



Baby Potatoes



Carrot



Beetroot



Garlic & Herb Seasoning



Garlic



Greek-Style Yoghurt



Salad Leaves

**Keep an eye out...**  
Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **15-25 mins**  
Ready in: **50-60 mins**

Harissa, the chilli-based condiment originating from North Africa varies in heat from mild to fiery. Our version is definitely on the mild side, with a gentle heat plus herby spices. It's the ideal sauce to complement lamb, and with a hearty roast veggie toss plus a side of creamy yoghurt, there's a burst of flavour in every bite!

### Pantry items

Olive Oil, Honey, 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
harissa paste	1 medium packet	1 large packet
baby potatoes	1 bag	2 bags
carrot	1	2
beetroot	1	2
garlic & herb seasoning	1 sachet	1 sachet
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
butter*	10g	20g
salad leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3378kJ (807Cal)	505kJ (121Cal)
Protein (g)	42.7g	6.4g
Fat, total (g)	38.1g	5.7g
- saturated (g)	19.3g	2.9g
Carbohydrate (g)	54.8g	8.2g
- sugars (g)	20g	3g
Sodium (mg)	1120mg	167mg

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.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Cook the lamb

- Preheat oven to **240°C/220°C fan-forced**. Lightly score **fat of lamb rump** in a criss-cross pattern. Place **lamb**, fat-side down, in a large frying pan (no need for oil!). Place pan over a medium heat and cook, undisturbed, until golden, **10-12 minutes**. Increase heat to high and sear **lamb rump** on all sides for 30 seconds.
- Transfer **lamb**, fat-side up, to a lined oven tray. Evenly spread **harissa paste** over lamb. Season with **salt** and **pepper**. Roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove lamb from oven, cover with foil and set aside to rest for **10 minutes**.

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



## Make the garlic yoghurt & honey butter

- Meanwhile, finely chop **garlic**.
- Wipe out frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**. Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste.
- In a second small heatproof bowl, add the **honey** and **butter**. Microwave in **10 second** bursts until melted.
- Add **lamb resting juices** to melted **honey butter** and stir to combine. Season to taste.



## Roast the veggies

- While lamb is roasting, cut **baby potatoes** and **carrot** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place **veggies** on a second lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning**, then season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.



## Serve up

- Add **salad leaves** and a drizzle of **white wine vinegar** to roasted veggies and gently toss to combine.
- Slice harissa lamb. Divide lamb and roasted root veggie toss between plates.
- Spoon honey butter sauce over lamb.
- Serve with garlic yoghurt.

## Enjoy!