



Peppercorn Lamb Rump & Spiced Veggie Fries

with Tomato Salad & Mayo

Grab your Meal Kit
with this symbol



Lamb Rump



Beetroot



Carrot



White Turnip



Aussie Spice Blend



Black Peppercorns



Tomato



Mixed Salad Leaves



Mayonnaise



Hands-on: 15-25 mins

Ready in: 45-55 mins

Carb Smart

You know you're in for a good night when the only thing standing between you and this classy lamb dish is a matter of minutes. With only the most tender lamb rump cut, a punchy pepper crusting and baked veggie fries, you just can't go wrong.

Pantry items

Olive Oil, 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
beetroot	1	2
carrot	1	2
white turnip	1	2
Aussie spice blend	1 sachet	1 sachet
black peppercorns	½ sachet	1 sachet
tomato	1	2
mixed salad leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
mayonnaise	1 packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2661kJ (636Cal)	519kJ (124Cal)
Protein (g)	35.9g	7g
Fat, total (g)	35.8g	7g
- saturated (g)	15.9g	3.1g
Carbohydrate (g)	21.1g	4.1g
- sugars (g)	15.6g	3g
Sodium (mg)	873mg	170mg
Dietary Fibre (g)	9.2g	1.8g

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.

1



Sear the lamb

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

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

2



Roast the lamb

- Place **lamb** on a second lined oven tray and use the back of a spoon to spread **peppercorn mixture** over the lamb.
- Roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove **lamb** from oven and cover with foil to rest for **10 minutes**.
- Roughly chop **tomato**. In a medium bowl, add **mixed salad leaves**, **tomato** and a drizzle of **white wine vinegar** and **olive oil**. Season and toss to coat.

TIP: The meat will keep cooking as it rests!

3



Bake the veggie fries

- While the lamb is cooking, cut **beetroot**, **carrot** and **white turnip** into fries.
- Place **veggie fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Aussie spice blend** and season. Toss to coat, spread out evenly, then bake until tender, **25-30 minutes**.
- Meanwhile, crush **black peppercorns** (see ingredients) with a mortar and pestle or in their sachet using a rolling pin. In a small bowl, combine **black peppercorns** and a drizzle of **olive oil**.

4



Serve up

- Slice peppercorn lamb rump.
- Divide lamb, spiced veggie fries and tomato salad between plates.
- Pour any resting juices over lamb. Serve with **mayonnaise**.

Enjoy!