



Seared Lamb Rump & Bengal Coconut Sauce

with Spiced Veggies & Cucumber Raita

Grab your Meal Kit with this symbol



Lamb Rump



Red Onion



Potato



Cauliflower



Long Green Chilli (Optional)



Baby Spinach Leaves



Bengal Curry Paste



Mild North Indian Spice Blend



Flaked Almonds



Cucumber



Greek Yoghurt



Coconut Milk



Mint

- Hands-on: **25-35 mins**
- Ready in: **45-55 mins**
- Spicy (optional long green chilli)

It's roast lamb, but not as you know it! We're using our mild, yet flavourful Bengal curry paste to lift succulent lamb rump to new heights. A classy side of roasted spiced potatoes and cauliflower with flaked almonds is all that's needed to create a meal fit for a maharajah!

Pantry items

Olive Oil, Rice 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
olive oil*	refer to method	refer to method
lamb rump	1 packet	1 packet
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
water*	¼ cup	½ cup
potato	2	4
cauliflower	1 portion (200g)	1 portion (400g)
long green chilli (optional)	½	1
baby spinach leaves	1 bag (30g)	1 bag (60g)
mint	1 bunch	1 bunch
Bengal curry paste	1 packet (100g)	2 packets (200g)
mild North Indian spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
flaked almonds	1 packet	2 packets
cucumber	½	1
Greek yoghurt	1 packet (100g)	1 packet (175g)
coconut milk	1 tin (165ml)	1 tin (400ml)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3320kJ (792Cal)	434kJ (104Cal)
Protein (g)	59.0g	7.7g
Fat, total (g)	36.4g	4.8g
- saturated (g)	17.4g	2.3g
Carbohydrate (g)	49.5g	6.5g
- sugars (g)	12.5g	1.6g
Sodium (mg)	1780mg	233mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a Drop?

We recommend pairing this meal with Shiraz or Cabernet Franc

Please call us with any questions or concerns | (09) 886 9589
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1. Render the lamb

Preheat the oven to **220°C/200°C fan-forced**. Lightly score the **lamb rump** fat in a 1cm criss-cross pattern. Place the **lamb**, fat-side down, in a medium frying pan (no need for oil). Place the pan over a medium heat and cook, 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.



4. Roast the veggies

While the lamb is roasting, place the **potato**, **cauliflower**, **mild North Indian spice blend**, the **salt** and a **drizzle of olive oil** on a second oven tray lined with baking paper. Toss to coat, then roast until golden and tender, **20-25 minutes**. In the last **5 minutes** of cook time, sprinkle the **flaked almonds** over the veggies and roast until golden and toasted, **3-5 minutes**. While the veggies are roasting, grate the **cucumber** (see ingredients list). In a small bowl, combine the **Greek yoghurt**, **cucumber** and a **pinch of salt** and **pepper**. Set aside.



2. Get prepped

While the lamb is rendering, thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **rice wine vinegar**, **water** and a **good pinch of sugar** and salt. Scrunch the **onion** in your hands, then add to the pickling liquid and stir to coat. Set aside until serving. Cut the **potato** (unpeeled) into 2cm chunks. Cut the **cauliflower** into small florets. Thinly slice the **long green chilli** (see ingredients list), if using. Roughly chop the **baby spinach leaves**. Pick and thinly slice the **mint** leaves.



5. Make the coconut sauce

When the lamb has **5 minutes** resting time remaining, return the frying pan to a medium-high heat and discard any excess fat in the pan. Add the **remaining Bengal curry paste** from the bowl and cook, stirring, until fragrant, **1 minute**. Add the **coconut milk** and simmer, stirring and scraping up the bits from the bottom of the pan, until thickened slightly, **2-3 minutes**. Stir through the **lamb resting juices** and season to taste with **salt** and **pepper**.



3. Roast the lamb

In a medium bowl, combine the **Bengal curry paste** and the seared **lamb**. Toss to coat. Transfer the **lamb**, fat-side up, to an oven tray lined with baking paper, reserving the bowl with any leftover **curry paste** (this will go into your sauce). Roast for **15-20 minutes** for medium or until cooked to your liking. Remove the **lamb** from the oven, cover with foil and set aside to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



6. Serve up

Toss the baby spinach with the roasted veggies. Drain the pickled onion. Thinly slice the lamb. Divide the lamb and spiced veggies between plates. Top the veggies with the pickled onion, chilli (if using), mint and cucumber raita. Spoon the Bengal coconut sauce over the lamb to serve.

Enjoy!