



Smokey Lamb & Roast Beetroot Salad

with Garlic Yoghurt & Caramelised Onion

Grab your Meal Kit with this symbol



Lamb Rump



Beetroot



Potato



Carrot



Berbere Seasoning



Garlic



Red Onion



Flaked Almonds



Greek-Style Yoghurt



Baby Spinach Leaves

Hands-on: **30-40 mins**
 Ready in: **45-55 mins**

It's roast lamb, but not as you know it! We're using our flavourful and earthy Berbere seasoning to lift succulent lamb rump to new heights. With a generous helping of roasted veggies, it's all you need to create a nutritious meal that's fit for even the fussiest eaters.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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
potato	2	4
carrot	1	2
Berberé seasoning	1 sachet	2 sachets
water*	½ tbs	1 tbs
garlic	2 cloves	4 cloves
red onion	1 (medium)	1 (large)
flaked almonds	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3398kJ (812Cal)	470kJ (112Cal)
Protein (g)	44.6g	6.2g
Fat, total (g)	35.9g	5g
- saturated (g)	16.7g	2.3g
Carbohydrate (g)	58.9g	8.2g
- sugars (g)	22.8g	3.2g
Sodium (mg)	730mg	101mg

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.



Start the lamb

Preheat the oven to **220°C/200°C fan-forced**. Lightly score the fat on the **lamb rump** in a 1cm criss-cross pattern. Season the **lamb** all over with **salt** and **pepper** and 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 the heat to high and sear the **lamb** on all sides for **30 seconds**. Transfer the **lamb**, fat-side up, to a lined oven tray.

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



Make the garlic yoghurt

While the lamb is roasting, finely chop the **garlic**. Thinly slice the **red onion**. Wipe out the frying pan and return to a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **garlic** until fragrant, **1 minute**. Transfer the **garlic oil** to a second small bowl, then add the **Greek-style yoghurt** and stir to combine. Season to taste and set aside.



Roast the veggies

While the lamb is cooking, cut the **beetroot** into thin wedges. Cut the **potato** into bite-sized chunks. Cut the **carrot** into thick rounds. Place the **veggies** on a second lined oven tray. Drizzle with **olive oil**, season, then toss to coat. Roast until tender, **25-30 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Caramelise the onion

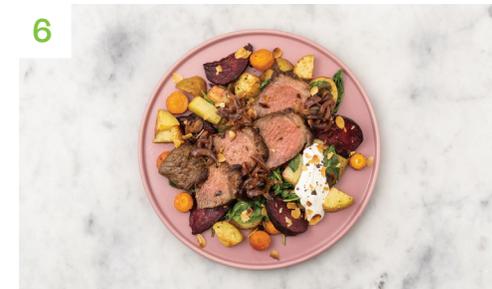
Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **5-6 minutes**. Reduce the heat to medium, then add the **balsamic vinegar**, **brown sugar** and a splash of **water**. Mix well and cook until dark and sticky, **3-5 minutes**. Set aside. Add the **baby spinach leaves** to the **roasted veggies** and gently toss to combine. Season to taste.



Roast the lamb

While the veggies are roasting, combine the **Berberé seasoning**, the **water** and a good pinch of **salt** and **pepper** in a small bowl. Use the back of a spoon to spread the **spice mixture** over the **lamb**. Roast the **lamb** for **15-20 minutes** for medium, or until cooked to your liking. Remove from the oven, then cover with foil to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



Serve up

Slice the smokey lamb. Divide the roasted beetroot salad between plates. Top with the lamb (plus any resting juices) and the caramelised onion. Spoon over the garlic yoghurt. Sprinkle with the toasted almonds to serve.

Enjoy!