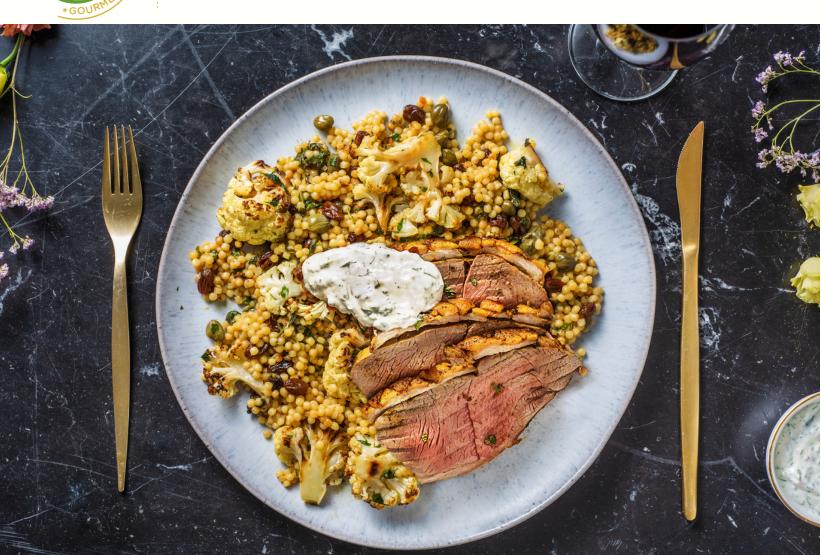


SPICED LAMB RUMP & PARSLEY YOGHURT

WITH CAULIFLOWER PEARL COUSCOUS





Use currants to add sweetness to a dish





Lamb Rump









Spice Blend

Pearl Couscous









Baby Spinach Leaves

Capers

Pantry Staples: Olive Oil, Butter

Hands-on: 25-35 mins Ready in: 40-50 mins

Follow our simple steps to get a golden coating on your tender lamb roast. Then create an assortment of sides to really elevate the dish to the next level. Cauliflower and pearl couscous get upgraded with currants and a drizzling of browned butter, while yoghurt is mixed with parsley for a cooling side. Dining at home has never been this good!

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

• medium frying pan • two oven trays lined with baking paper



START THE LAMB

the fat melt without burning.

Preheat the oven to 220°C/200°C fanforced. Lightly score the lamb fat in a 1cm criss-cross pattern. Place the lamb rump, 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



ROAST THE CAULIFLOWER While the lamb is in the pan, cut the cauliflower into small florets, place on an oven tray lined with baking paper and drizzle with olive oil. Season with salt and **pepper** and toss to coat. Roast until tender, 20-25 minutes. Finely chop the parsley. In a small bowl, combine the **Greek yoghurt** and 1/2 the parsley with a pinch of salt and pepper. Set aside.



ROAST THE LAMB In a medium bowl, combine the **Souk** Market spice blend, the salt and a generous drizzle of olive oil. Add the seared lamb to the spiced oil and toss to coat. Transfer, fat-side up, to a second oven tray lined with baking paper. Roast for 15-20 minutes for medium or until cooked to your liking. Remove from the oven, cover with foil and set aside to rest for **10 minutes**. * TIP: The meat will keep cooking as it rests!



FRY THE CAULIFLOWER Zest the lemon (see ingredients list) to get a pinch. Roughly chop the baby spinach leaves. Wipe out the frying pan, return to a medium-high heat and add the **butter**. Cook until melted and browned slightly, 1-2 minutes. Add the cauliflower, drained capers, lemon zest and the remaining parsley and toss to coat. Add the cauliflower mixture, baby spinach and a squeeze of lemon juice to the pearl couscous. Toss to coat and season to taste with salt and pepper.



SERVE UP Thinly slice the lamb. Divide the cauliflower pearl couscous between plates and top with the lamb. Pour over the resting juices from the lamb and top with parsley yoghurt.

ENJOY!

2|4 PEOPLE INGREDIENTS

	20	40
	2P	4P
olive oil*	refer to method	refer to method
lamb rump	1 packet	2 packets
cauliflower	1 portion	2 portions
parsley	1 bag	1 bag
Greek yoghurt	1 packet (100g)	2 packets (200g)
Souk Market spice blend	1 sachet	2 sachets
salt*	½ tsp	1 tsp
pearl couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
currants	1 packet	2 packets
lemon	1/2	1
baby spinach leaves	1 bag (30g)	1 bag (60g)
butter*	30g	60g
capers	1 tub	2 tubs

*Pantry Items

PER SERVING	PER 100G
3380kJ (807Cal)	594kJ (142Cal)
67.7g	11.9g
33.7g	5.9g
16.8g	3.0g
54.7g	9.6g
17.4g	3.1g
1010mg	177mg
	3380kJ (807Cal) 67.7g 33.7g 16.8g 54.7g 17.4g

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

PAIR THIS MEAL WITH:

Pinot Noir Nebbiolo

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absorbed. 10-12 minutes. Transfer to a

large bowl.