



Spiced Lamb Rump & Parsley Yoghurt

with Caper & Cauliflower Pearl Couscous

Grab your Meal Kit with this symbol



Lamb Rump



Cauliflower



Parsley



Yoghurt



Souk Market Spice Blend



Pearl Couscous



Currants



Lemon



Baby Spinach Leaves



Capers

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

This gourmet meal is a true feast for the senses. 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 a drizzling of browned butter and yoghurt gets mixed with parsley for a cooling side. Dining at home has never been this good!

Pantry items

Olive Oil, Butter

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
cauliflower	1 portion	2 portions
parsley	1 bunch	1 bunch
yoghurt	1 packet	1 packet
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	½	1
baby spinach leaves	1 bag (30g)	1 bag (60g)
butter*	30g	60g
capers	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3190kJ (761Cal)	586kJ (140Cal)
Protein (g)	61.0g	11.2g
Fat, total (g)	31.6g	5.8g
- saturated (g)	16.0g	2.9g
Carbohydrate (g)	54.9g	10.1g
- sugars (g)	17.5g	3.2g
Sodium (g)	994mg	183mg

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 Pinot Noir or Nebbiolo.



1. Start the lamb

Preheat the oven to **220°C/200°C fan-forced**. Lightly score the **lamb** 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 rump** on all sides for **30 seconds**.

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



2. Roast the cauliflower

While the lamb is cooking, cut the **cauliflower** into small florets. Place the **cauliflower** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**. Finely chop the **parsley** leaves. In a small bowl, combine the **yoghurt** and **1/2** the **parsley** with a **pinch** of **salt** and **pepper**. Set aside.



3. 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 the **lamb**, 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 the lamb from the oven, cover with foil and set aside to rest for **10 minutes**.

TIP: The lamb will keep cooking as it rests!



4. Make the couscous

While the lamb is roasting, wash the frying pan. Return the pan to a medium-high heat with a **drizzle** of **olive oil** and add the **pearl couscous**. Toast, stirring occasionally, until golden, **1-2 minutes**. Add the **water**, **currants** and a **pinch** of **salt**. Reduce the heat to medium and simmer, stirring occasionally, until the **couscous** is tender and the water is absorbed, **10-12 minutes**. Transfer to a large bowl.



5. Finish the cauliflower

While the couscous is cooking, 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 roasted **cauliflower**, **capers**, **lemon zest** and the **remaining parsley** to the pan and gently toss to coat. Add the **cauliflower mixture**, **baby spinach** and a **squeeze** of **lemon juice** to the bowl with the **couscous**. Toss to coat and season to taste with **salt** and **pepper**.



6. Serve up

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

Enjoy!