



Spiced Middle Eastern Lamb Rump

with Sumac Potato Wedges & Turnip Salad

Grab your Meal Kit with this symbol



Lamb Rump



Potato



Turkish Sumac Seasoning



Chermoula Spice Blend



Carrot



White Turnip



Mixed Salad Leaves

Hands-on: 25-35 mins
Ready in: 45-55 mins

A sumptuous lamb feast with a Middle Eastern twist. This tender lamb rump is spiced with chermoula, then paired with crispy sumac wedges and a crunchy turnip salad. Don't forget to rest your lamb for 10 minutes after cooking for the perfect slices that are blushing and moist.

Pantry items

Olive Oil, Honey, Butter, 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 packet	1 packet
potato	3	6
Turkish sumac seasoning	1 sachet	2 sachets
chermoula spice blend	1 sachet	1 sachet
honey*	1 tsp	2 tsp
butter*	20g	40g
carrot	½	1
white turnip	1	2
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2959kJ (707Cal)	548kJ (130Cal)
Protein (g)	38.7g	7.2g
Fat, total (g)	34.4g	6.4g
- saturated (g)	19.9g	3.7g
Carbohydrate (g)	39g	7.2g
- sugars (g)	7.6g	1.4g
Sodium (mg)	813mg	150mg

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.



Sear the lamb

Preheat the oven to **240°C/220°C fan-forced**. Lightly score the fat of the **lamb rump** in a criss-cross pattern. Place the **lamb**, fat-side down, in a large 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.



Bake the wedges

While the lamb is cooking, cut the **potato** into wedges. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**. Remove from the oven, then add the **Turkish sumac seasoning** and toss to coat.

TIP: If your oven tray is crowded, divide between two trays.



Season the lamb

While the wedges are baking, combine the **chermoula spice blend**, a drizzle of **water** and a pinch of **salt** and **pepper** in a small bowl. Transfer the **lamb**, fat-side up to a second lined oven tray and use the back of a spoon to spread the **spice mixture** over the **lamb**.



Roast the lamb

Roast the **lamb** for **15-20 minutes** for medium or until cooked to your liking. Remove the **lamb** from the oven, then top with the **honey** and **butter** and cover with foil. Set aside to rest for **10 minutes**.

TIP: The lamb will keep cooking as it rests!



Make the salad

While the lamb is roasting, grate the **carrot** (see ingredients). Thinly slice the **white turnip**. In a medium bowl, combine a drizzle of **olive oil** and **white wine vinegar**. Add the **mixed salad leaves**, **carrot** and **turnip**. Season to taste and toss to combine.



Serve up

Slice the spiced Middle Eastern lamb rump. Divide the lamb, sumac potato wedges and the turnip salad between plates. Spoon any resting juices over the lamb to serve.

Enjoy!