



Sriracha & Honey Butter Lamb Rump

with Veggie Toss & Soy-Mayo Drizzle

Grab your Meal Kit with this symbol



Lamb Rump



Beetroot



Carrot



Red Onion



Sriracha



Mayonnaise



Baby Spinach Leaves

Hands-on: **20-30 mins**
Ready in: **40-50 mins**

Carb Smart

Add a little bit of spice to dinner tonight with the help of tangy sriracha sauce to really liven this roast lamb up. On a bed of wholesome veggies and then drizzled with soy mayo, this rump is salivatingly good.

Pantry items

Olive Oil, Honey, Butter, Soy Sauce, 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

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
carrot	1	2
red onion	1 (medium)	1 (large)
sriracha	1 packet (20g)	1 packet (40g)
honey*	1 tsp	2 tsp
butter*	10g	20g
mayonnaise	1 packet (40g)	1 packet (80g)
soy sauce*	drizzle	drizzle
baby spinach	1 bag	1 bag
leaves	(60g)	(120g)
rice wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2712kJ (648Cal)	627kJ (150Cal)
Protein (g)	30.9g	7.1g
Fat, total (g)	40.4g	9.3g
- saturated (g)	17.2g	4g
Carbohydrate (g)	23.1g	5.3g
- sugars (g)	16.8g	3.9g
Sodium (mg)	546mg	126mg
Dietary Fibre (g)	7.6g	1.8g

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.



Cook the lamb rump

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

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



Make the soy mayo

While the lamb is roasting, combine the **mayonnaise**, **soy sauce** and a splash of **water** in a second small bowl. Season to taste.



Roast the veggies

While the lamb is searing, cut the **beetroot** into small chunks. Cut the **carrot** into bite-sized chunks. Cut the **red onion** into wedges. Place the **veggies** on a lined oven tray. Drizzle with **olive oil** and season. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.



Finish the veggies

When the **veggies** are done, add the **baby spinach leaves** and a drizzle of **rice wine vinegar** to the tray. Gently toss to combine and season.



Roast the lamb

While the veggies are roasting, combine the **sriracha**, **honey** and a pinch of **salt** and **pepper** in a small bowl. Place the **lamb** on a second lined oven tray, then place the **butter** over the **lamb** to melt. Roast the **lamb** for **15-20 minutes** for medium or until cooked to your liking. Remove from the oven, drizzle over the **sriracha-honey mixture** and cover with foil to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



Serve up

Slice the sriracha and honey butter lamb rump. Divide the roast veggie toss between plates. Top with the lamb. Pour over any lamb resting juices. Drizzle over the soy mayo to serve.

Enjoy!