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Warm Lamb Salad with Roast Root Vegetables

Some people say good food is a religious experience; others liken it to an old friend. We think good food is a work of art. With a dish as rich and colourful as this, your inner artist is sure to be satisfied. Grab a bite if you can bear to sully your masterpiece.



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 1



high protein



gluten free

Pantry Items



Olive Oil



Balsamic Vinegar



Dijon Mustard



Sweet Potato



Beetroot



Lamb Rump



Baby Spinach



Parsley

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2P	4P	Ingredients	
400 g	800 g	sweet potato, peeled & cut into 5 mm discs	
1	2	beetroot, washed & cut into 1 cm thick wedges	
2 tbs	4 tbs	olive oil *	
3 tsp	6 tsp	balsamic vinegar *	
1 tsp	2 tsp	Dijon mustard *	
1 portion	2 portions	lamb rump	
½ bag	2 bag	baby spinach, washed	
½ bunch	1 bunch	parsley, finely chopped	

Ingredient features in another recipe

* Pantry Items

Pre-preparation

Nutrition per serve

Energy	2300	Kj
Protein	48.1	g
Fat, total	23.5	g
-saturated	6	g
Carbohydrate	33	g
-sugars	15.8	g
Sodium	213	mg



You will need: *chef's knife, chopping board, vegetable peeler, oven tray lined with baking paper, whisk, small bowl, ovenproof frying pan, plate, aluminium foil, tongs and medium bowl.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Toss the **sweet potato** and **beetroot** in half of the **olive oil** and place on the prepared tray. Season generously with **salt** and **pepper**. Cook in the oven for **30-35 minutes** or until tender.

3 To make the dressing, whisk the remaining olive oil, **balsamic vinegar** and **Dijon mustard** in a small bowl until emulsified. Season to taste with salt and pepper. Set aside.

4 Season the **lamb rump** with salt and pepper. Heat an ovenproof frying pan over a medium-high heat. Add the lamb, fat side down, and sear on all sides, for a total of **2 minutes**. Transfer the pan to the oven with the vegetables and cook for **20 minutes**. Place the lamb on a plate, cover with foil and rest until you're ready to serve. Cut the lamb into 1 cm thick slices.

5 To assemble the salad, toss the **baby spinach**, **parsley**, sliced lamb and roast vegetables in a medium bowl. Drizzle with the dressing and toss gently to coat.

6 To serve, divide the lamb salad between bowls and dig in!

Did you know? It is believed across many cultures that if two people eat from the same beetroot they will fall in love.

