



Pistachio-Crusted Lamb Rump

with Baby Carrots & Chimichurri

Grab your Meal Kit
with this symbol



Pistachios



Garlic



Dijon Mustard



Lamb Rump



Potato



Baby Carrots



Green Beans



Chimichurri Sauce



Hands-on: **40-50 mins**

Ready in: **45-55 mins**



Naturally Gluten-Free

Not suitable for coeliacs

What's the secret to moist, tender and extra-tasty lamb? Use a cut with the cap of fat still on, so the meat stays juicy while roasting, then add Dijon mustard and crushed pistachios for a more-ish nutty crunch. Bring extra flavour with a chimichurri and you've got a restaurant-quality dish made by yours truly!

Pantry items

Olive Oil, Honey

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
pistachios	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
garlic	1 clove	2 cloves
Dijon mustard	1 packet (15g)	2 packets (30g)
lamb rump	1 packet	2 packets
potato	2	4
baby carrots	1 bunch	2 bunches
honey*	1 tsp	2 tsp
green beans	1 bag (100g)	1 bag (200g)
chimichurri sauce	1 medium packet	1 large packet

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2814kJ (672Cal)	489kJ (116Cal)
Protein (g)	53.6g	9.3g
Fat, total (g)	32.6g	5.7g
- saturated (g)	5.5g	1g
Carbohydrate (g)	36.8g	6.4g
- sugars (g)	9.8g	1.7g
Sodium (mg)	656mg	114mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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 Cabernet Sauvignon or Pinot Noir



Prep the lamb

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **pistachios** (or crush in their packet using a rolling pin). Finely chop the **garlic**. On a medium plate, combine the **pistachios** and the **salt**. Lightly score the **lamb fat** in a 1cm criss-cross pattern. Season the **lamb rump** with **salt** and **pepper**. In a medium bowl, combine the **garlic** and **Dijon mustard**.



Cook the lamb

Place the **lamb rump**, fat-side down, in a large frying pan. Place 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**. Add the **lamb** to the bowl with the **garlic-mustard** and turn to coat, then gently press the **pistachios** over all sides. Transfer, fat-side up, to a lined oven tray.

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



Roast the potato

While the **lamb** is in the pan, cut the **potato** into bite-sized chunks. Transfer to a second lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Roast on the top oven rack until crisp and tender, **25-30 minutes**.



Roast the carrots & lamb

While the potato is roasting, trim the green tops from the **baby carrots** and scrub the **carrots** clean. Place on the lined oven tray with the lamb. Drizzle the **carrots** with **olive oil**, the **honey** and season with **salt** and **pepper**. Toss to combine then roast until the carrots are tender, **15-20 minutes**. Transfer the lamb to a plate to rest.

TIP: The meat will keep cooking as it rests!



Bring it all together

While the lamb is resting, trim the **green beans**. Wipe out the frying pan and return to a medium-high heat. Add the **green beans** and a splash of **water** and cook, tossing, until just tender, **4-5 minutes**. Season.



Serve up

Slice the pistachio-crusted lamb. Divide the roasted potato, baby carrots, green beans and lamb between plates. Top the lamb with the **chimichurri sauce** and sprinkle with any pistachio crust remaining on the tray.

Enjoy!