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WK07
2016



Warm Lamb & Roasted Root Vegetable Salad

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

high protein

level 1
 gluten free

Pantry Items



Olive Oil



Balsamic
Vinegar



Dijon
Mustard



Sweet Potato



Beetroot



Lamb Rump



Baby Spinach



Parsley

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f t g



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	1 bag	baby spinach, washed	
½ bunch	1 bunch	parsley, finely chopped	

Ingredient features in another recipe

Pantry Items

Pre-preparation

Nutrition per serve

Energy	2040	Kj
Protein	37.5	g
Fat, total	21.2	g
-saturated	5	g
Carbohydrate	33	g
-sugars	15.8	g
Sodium	185	mg

Disclaimer: Sweet potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe.



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



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

2 Toss the **sweet potatoes** 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 sweet potato 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 lamb salad between bowls and dig in!



Did you know? Beetroot contains tryptophan which is the feel good protein found in chocolate.