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Marinated Lamb Rump

with Mash and Green Vegetables



20-30min



4 Portions

Incorporating the cauliflower with the potatoes in the mash is a fantastic way to get kids to eat highly nutritious cauliflower without them realising. It's still your meat and 3-veg kind of dinner, but we've hidden some in the creamy mash.... just don't tell anyone!

What we send

- green beans
- broccoli
- lamb leg medallions
- cauliflower
- potatoes
- garlic

What you'll require

- butter ⁷
- olive oil
- salt and pepper

Utensils

- chargrill or frypan
- Colander
- large saucepan and lid
- medium saucepan

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

If you think your kids still won't eat the mash, serve the cauliflower separately, but bear in mind you won't have as much mash this way.

Allergens

Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 415.0kcal, Fat 13.7g, Proteins 38.4g, Carbs 28.6g



1. Marinate lamb

Bring a large saucepan of salted water to the boil. Bring a medium saucepan of salted water to the boil. Finely chop the **garlic**. In a small bowl combine half the garlic with 3 tsp **oil** and a good grinding of **black pepper**, if desired. Brush all over the **lamb**.



4. Chargrill lamb

Heat a chargrill pan over medium-high heat and cook **lamb** for 5 mins each side for medium rare, or until cooked to your liking. Set aside for 3 mins to rest then remove fat if desired.



2. Start mash

Peel **potatoes** and cut into 2cm pieces. Cut **cauliflower** into small florets. Cook potatoes and cauliflower (see cooking tip) in large saucepan of simmering water for 12-15 mins until vegetables are tender.



5. Finish mash

Meanwhile, drain **potatoes** and **cauliflower** well. Return to pan and place over low heat for 1-2 mins to allow excess moisture to evaporate. Add 15g **butter** (or for a healthier option add 3 tsp olive oil) and mash well to form a smooth mash. Season to taste.



3. Prepare greens

Meanwhile, cut the **broccoli** into small florets. Trim the ends of **beans**.



6. Cook greens

Cook **broccoli** and **green beans** in the medium pan of boiling water for 3-4 mins until tender. Drain well. Heat 2 tsp **oil** in the pan with the remaining **garlic** for 1-2 mins. Remove from heat and add **vegetables**. Toss to coat. Thickly slice the **lamb** and serve with the **mash** and **greens**.