



# Mint & Parsley Chimichurri Lamb Steaks Side Dish with Crispy Onions

Special Sides 15-20 Minutes • Medium Spice

7A

Find all your unchilled Market items in bag A.



Lamb Steaks



Garlic Clove



Mint



Flat Leaf Parsley



Red Chilli



Red Wine Vinegar



Crispy Onions

**Pantry Items**

Olive Oil, Salt, Pepper, Oil

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Garlic press, bowl, frying pan and aluminium foil.

## Ingredients

Ingredients	Quantity
Lamb Steaks**	2
Garlic Clove**	1
Mint**	1 bunch
Flat Leaf Parsley**	1 bunch
Red Chilli**	1
Red Wine Vinegar <b>14)</b>	12ml
Crispy Onions <b>13)</b>	1 sachet

Pantry	Quantity
Olive Oil for the Chimichurri*	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	166g	100g
Energy (kJ/kcal)	1303/311	787/188
Fat (g)	21.1	12.7
Sat. Fat (g)	6.9	4.2
Carbohydrate (g)	4.9	3.0
Sugars (g)	1.4	0.8
Protein (g)	25.4	15.4
Salt (g)	0.31	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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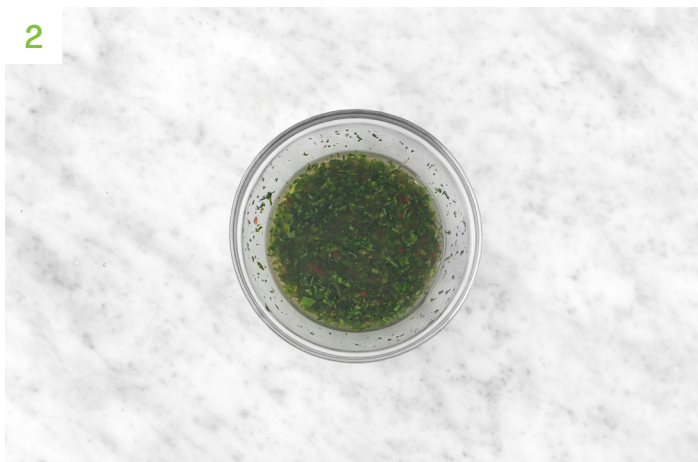
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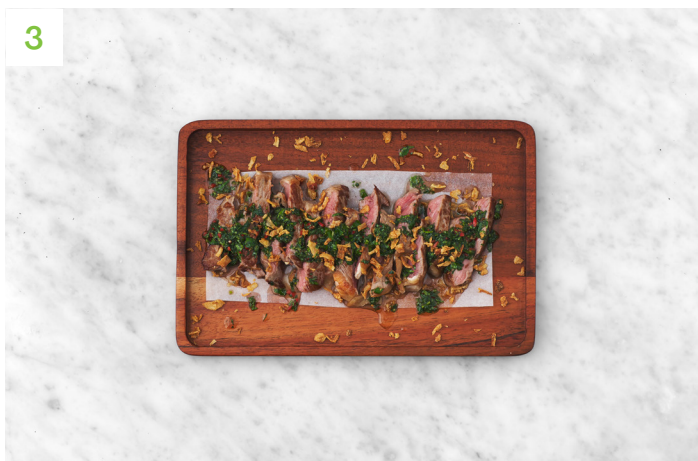
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2



3



## Prep Time

- Remove the **lamb steaks** from your fridge to allow them to come up to room temperature.
- Peel and grate the **garlic** (or use a garlic press).
- Pick the **mint leaves** from their stalks (discard the stalks), then finely chop. Finely chop the **parsley** (stalks and all).
- Halve the **chilli** lengthways, deseed, then finely chop (prepare less if you'd prefer things milder).

## Make the Chimmichurri

- In a small bowl, combine the **garlic, parsley, mint, chilli, red wine vinegar** and **olive oil for the chimichurri** (see pantry for amount).
- Season with **salt** and **pepper** and mix until combined.
- Heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**. **TIP:** *Lamb steaks naturally vary in shape, so adjust the following timings depending on how you like yours cooked.*

## Fry the Lamb Steaks and Serve

- Once the pan is hot, lay the **steaks** into the pan and fry until browned and medium-rare, 8-10 mins total. Turn every 2 mins. **TIP:** *Cook each side for 1-2 min more if you like it more well done.*
- Once cooked, transfer to a board, cover with foil and allow to rest for a couple of mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. It's safe to eat when browned on the outside.*
- Once rested, slice the **steaks** into 1cm wide slices and lay onto your serving platter.
- Spoon the **chimichurri** over your **lamb steak slices**, then sprinkle over the **crispy onions** to finish.

Enjoy!