



Pesto Crusted Lamb Steak and Roast Potatoes

with Balsamic Dressed Asparagus Salad

Premium 45-50 Minutes

30



Lamb Steaks



Potatoes



Balsamic Vinegar



Pesto



Asparagus



Breadcrumbs



Pea Shoots

Pantry Items

Oil, Salt, Pepper, Plain Flour, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Saucepan, baking tray, bowl, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Lamb Steaks**	2	3	4
Potatoes	450g	700g	900g
Balsamic Vinegar 14)	12ml	12ml	24ml
Pesto 7)	32g	64g	64g
Asparagus**	100g	150g	200g
Breadcrumbs 13)	25g	35g	50g
Pea Shoots**	40g	60g	80g

Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Crumb*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	462g	100g
Energy (kJ/kcal)	2489 /595	539 /129
Fat (g)	24.7	5.4
Sat. Fat (g)	7.0	1.5
Carbohydrate (g)	61.8	13.4
Sugars (g)	4.4	0.9
Protein (g)	33.4	7.2
Salt (g)	1.64	0.36

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **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, mollusc, 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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1 Prep the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** with ½ **tsp salt** to the boil.

Remove the **lamb steaks** from your fridge to allow them to come up to room temperature. Pour enough **oil** into a deep baking tray to cover the bottom and pop into the oven.

Peel and chop the **potatoes** into 3cm chunks.

When boiling, add the **potatoes** to the **water** and cook for 5-6 mins or until the edges have softened when you poke them with a knife.



4 Crumb your Lamb Steaks

While the **potatoes** roast, put the **breadcrumbs** onto a plate and drizzle with the **olive oil for the crumb** (see pantry for amount). Season with **salt** and **pepper** and stir together well.

Season the **lamb steaks**, then evenly spread the remaining **pesto** all over each.

Press the **steaks** into the crumbs, making sure they're well coated on each side. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*



2 Mix the Balsamic Dressing

Meanwhile, in a large bowl, combine the **balsamic vinegar** and **half the pesto**. Set your **dressing** aside.

Trim the bottom 2cm from the **asparagus** and discard. Halve the **asparagus** widthway, then cut into thirds.



3 Get Roasting

When the **potatoes** are ready, drain in a colander and sprinkle over the **flour** (see pantry for amount).

Shake to fluff up the **potatoes**, then carefully add them to the hot baking tray, turning in the **oil**.

Season with **salt**, then roast on the middle shelf until golden, 35-40 mins. Turn halfway through.



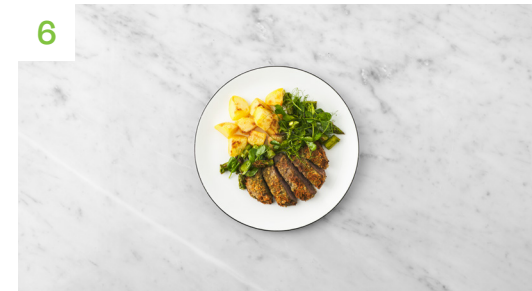
5 Time to Fry

When the **potatoes** have 15 mins of roasting time left, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, carefully lay in the **crumbed lamb steaks**. Fry until golden, 2 mins each side, then transfer to a baking tray. Pop the **asparagus** alongside. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Roast on the top shelf of your oven for 5 mins for medium-rare. **TIP:** *Cook for a few more mins if you prefer yours more well done.* **IMPORTANT:** *The lamb is safe to eat when browned on the outside.*

Once the **lamb** is cooked, remove from your oven and leave to rest for a few mins.



6 Serve Up

When ready, add the **pea shoots** and **roasted asparagus** to the **pesto dressing**. Toss to coat.

Share the **lamb** between your plates. Serve with the **roast potatoes** and **asparagus salad** alongside.

Enjoy!