



Pesto Crusted Lamb

with Nutty Asparagus Salad and Proper Roasties

Premium 40 Minutes • 1 of your 5 a day

28



Potato



Green Pesto



Balsamic Vinegar



Walnuts



Asparagus



Plain Flour



Panko Breadcrumbs



Lamb Steaks



Pea Shoots

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Saucepan, Bowl, Measuring Jug, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Green Pesto 7)	1 pot	1½ pot	2 pots
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Walnuts 2)	20g	40g	40g
Asparagus**	200g	300g	400g
Plain Flour 13)	8g	16g	16g
Panko Breadcrumbs 13)	15g	25g	25g
Oil for the Crumb*	2 tbsp	3 tbsp	4 tbsp
Lamb Steaks**	2	3	4
Pea Shoots**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	527g	100g
Energy (kJ/kcal)	2604 /622	494 /118
Fat (g)	30	6
Sat. Fat (g)	6	1
Carbohydrate (g)	53	10
Sugars (g)	4	1
Protein (g)	38	7
Salt (g)	0.60	0.11

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Started

Preheat your oven to 220°C. Pour a glug of **oil** onto a baking tray, pop in your oven. **TIP: Hot oil = crispy potatoes!** Bring a large saucepan of **water** to the boil on high heat with ½ tsp of **salt**. Peel the **potatoes** and chop them into 3cm chunks. Add the **potatoes** to the boiling **water** and cook for 5-6 mins or until the edges have softened when you poke them with a knife.



Prep the Salad

Meanwhile, put **half** the **pesto** in a large bowl and add the **balsamic vinegar** and **olive oil** (see ingredient list for amount). Mix together, then crumble in the **walnuts** and leave to the side. **Dressing** made! Remove the bottom 1cm from the **asparagus** and discard. Halve the **asparagus spears** widthways.



Fluff the Potatoes

Once ready, drain the **potatoes** in a colander, let them steam-dry for a minute, then sprinkle on the **flour**. Give your colander a shake to fluff up the **potato**. **TIP: More potato surface area = crispier potatoes.** Remove your baking tray from your oven and gently tip your **potatoes** onto it in a single layer - be careful of the **hot oil**. Season with **salt**, then roast the **potatoes** on the top shelf of your oven until crispy, 30-35 mins, turn halfway through.



Prep the Lamb

Put the **panko breadcrumbs** on a plate and add the **oil** (see ingredient list for amount). Season with **salt** and **pepper**. Stir together to ensure the **crumbs** are nicely oiled. Season the **lamb steaks** all over with **salt** and **pepper**, then spread the remaining **pesto** evenly all over each **steak**, ensuring they are completely covered. Press the **steaks** into the **crumbs**, making sure they get a good even crumbing all over. **IMPORTANT: Remember to wash your hands and equipment after handling raw meat.**



Fry the Steak

Heat a drizzle of **oil** in a frying pan on medium-high heat. When the pan is hot, carefully lay in the **crumbed lamb steaks**. Fry until the **crumbs** are golden, 2 mins each side, then transfer to a baking tray and roast in your oven for 5 mins. **TIP: We like ours medium rare. Cook for a few more mins if you prefer yours more well done. IMPORTANT: Steak is safe to eat when the outside is no longer pink.**



Finish and Serve

Meanwhile, wipe out your pan, pop back on medium-high heat, add a drizzle of **oil** and the **asparagus**. Season with **salt** and **pepper**. Stir-fry until tender, 3-4 mins, then remove from the heat, and set aside. Once the **lamb** is cooked, remove from your oven and leave to rest for a few mins. Add the **pea shoots** and **cooled asparagus** to the **salad dressing**, toss together. Serve the **lamb** with the **potatoes** and **asparagus salad** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.