



Pesto Crusted Lamb

with Nutty Asparagus Salad and Proper Roasties

Premium 40 Minutes • 1 of your 5 a day

Nº 28



Potato



Green Pesto



Balsamic Vinegar



Walnuts



Asparagus



Plain Flour



Panko Breadcrumbs



Lamb Steak



Peashoots

Before you start

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

Cooking tools, you will need:

Baking Tray, Saucepan, Peeler, Cutting Board, Knife, Bowls, Plate and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Green Pesto 7)	1 sachet	1½ sachet	2 sachets
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
Olive Oil for the Crumb*	2 tbsp	3 tbsp	4 tbsp
Lamb Steak**	2	3	4
Peashoots**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	527g	100g
Energy (kJ/kcal)	2609/624	495/118
Fat (g)	30	6
Sat. Fat (g)	6	1
Carbohydrate (g)	53	10
Sugars (g)	4	1
Protein (g)	38	7
Salt (g)	0.50	0.09

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**, 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 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.



Make the Dressing

Meanwhile, put **half** of 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.



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 (we like ours medium-rare). **TIP: Cook for a few more mins if you prefer yours more well done. IMPORTANT: Wash your hands and equipment after handling raw meat.**



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, 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.



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. Remove from the heat, set aside. Once the **lamb** is cooked, remove from your oven and leave to rest for a few mins. **IMPORTANT: The lamb is cooked when browned on the outside.** 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.