



# Pesto Crusted Lamb

with Nutty Asparagus Salad and Proper Roasties

**PREMIUM** 40 Minutes • 1 of your 5 a day

N° 13



Potato



Green Pesto



Balsamic Vinegar



Walnuts



Asparagus



Plain Flour



Panko Breadcrumbs



Lamb Steaks



Peashoots

## Before you start

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

### Basic cooking tools you will need:

Baking Tray, Large Saucepan, Mixing Bowl, Colander and Frying Pan.

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Green Pesto 7)	1 sachet	1½ sachets	2 sachets
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Walnuts 2)	1 small pot	1 large pot	1 large pot
Asparagus**	1 small pack	1 large pack	2 small packs
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
Peashoots**	1 bag	1½ bags	2 bags

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	515g	100g
Energy (kJ/kcal)	2155 / 515	418 / 100
Fat (g)	18	3
Sat. Fat (g)	4	1
Carbohydrate (g)	52	10
Sugars (g)	4	1
Protein (g)	38	7
Salt (g)	0.59	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

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

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

### Contact

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## 1. 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.



## 4. Prep the Lamb

Put the **panko breadcrumbs** on a plate, 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 coating all over. **IMPORTANT: Remember to wash your hands and equipment after handling raw meat.**



## 2. Prep the Salad

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.



## 5. 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: The lamb is safe to eat when the outside is cooked.**



## 3. 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, turning halfway through.



## 6. 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. Add the **peashoots** and cooled **asparagus** to the **salad dressing**, toss together. Serve the **lamb** with the **potatoes** and **asparagus salad** alongside.

Enjoy!