



Pesto Crusted Lamb Steak and Roast Potatoes with Walnut and Balsamic Dressed Asparagus Salad

30

Premium 40-45 Minutes • 1 of your 5 a day



Lamb Steak



Potatoes



Fresh Pesto



Balsamic Vinegar



Walnuts



Asparagus Bundles



Panko 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

Baking tray, saucepan, bowl, colander, frying pan and lid.

Ingredients

Ingredients	2P	3P	4P
Lamb Steak**	2	3	4
Potatoes	450g	700g	900g
Fresh Pesto** 7)	32g	50g	64g
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Walnuts 2)	20g	40g	40g
Asparagus Bundles**	150g	200g	300g
Panko Breadcrumbs 13)	25g	37g	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	496g	100g
Energy (kJ/kcal)	2579 /616	520 /124
Fat (g)	27.2	5.5
Sat. Fat (g)	5.2	1.0
Carbohydrate (g)	58.1	11.7
Sugars (g)	6.2	1.3
Protein (g)	37.1	7.5
Salt (g)	0.54	0.11

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

Allergens

2) Nuts 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, milk, egg, mustard, celery, soya, 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.

Contact

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Prep the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

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.

Bring a large saucepan of **water** with ½ **tsp salt** to the boil. 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.



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.



Mix your Walnut Dressing

Meanwhile, put **half** the **fresh pesto** in a large bowl and mix in the **balsamic vinegar**.

Crumble in the **walnuts**, then leave your **dressing** to one side.

Trim the bottom 2cm from the **asparagus** and discard. Halve the **asparagus** widthways.



Time to Fry

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.

Roast on the middle 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 before slicing.



Get Roasting

When the **potatoes** are ready, drain in a colander and sprinkle on 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 top shelf until golden, 30-35 mins. Turn halfway through.



Finish and Serve

When the **lamb** is in the oven, wipe out the pan and pop on medium heat with a drizzle of **oil**.

Once hot, add the **asparagus** and season with **salt** and **pepper**. Fry for 1 min, then add a splash of **water** and immediately cover with a lid or some foil. Cook until the **asparagus** is tender, 4-6 mins. Remove from the heat and allow to cool slightly.

When ready, add the **pea shoots** and **asparagus** to the **walnut dressing**, then toss together.

Serve the **lamb** with the **potatoes** and **asparagus salad** alongside.

Enjoy!