



Pine Nut Crusted Lamb Steak with Cheesy Mash and Creamed Spinach

Premium 35-40 Minutes • 1 of your 5 a day

29



Lamb Steak



Potatoes



Flat Leaf Parsley



Pine Nuts



Garlic Clove



Panko Breadcrumbs



Dried Rosemary



Dijon Mustard



Unsalted Butter



Grated Hard Italian Style Cheese



Baby Spinach



Creme Fraiche

Pantry Items
Olive Oil

Before you start

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

Cooking tools

Saucepan, garlic press, plate, frying pan, baking tray, colander, potato masher and lid.

Ingredients

	2P	3P	4P
Lamb Steak**	2	3	4
Potatoes**	450g	700g	900g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Pine Nuts	15g	30g	30g
Garlic Clove**	1	2	2
Panko Breadcrumbs 13)	10g	20g	20g
Olive Oil for the Crumb*	1½ tbsp	2 tbsp	3 tbsp
Dried Rosemary	1 sachet	2 sachets	2 sachets
Dijon Mustard 9) 14)	20g	20g	20g
Unsalted Butter** 7)	30g	40g	60g
Grated Hard Italian Style Cheese** 7) 8)	40g	40g	40g
Baby Spinach**	200g	200g	300g
Crema Fraiche** 7)	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	654g	100g
Energy (kJ/kcal)	3363 /804	514 /123
Fat (g)	48	7
Sat. Fat (g)	23	4
Carbohydrate (g)	48	7
Sugars (g)	4	1
Protein (g)	46	7
Salt (g)	1.28	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 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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Packed in the UK

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Get Prepped

Preheat your oven to 200°C. Remove the **lamb steaks** from your fridge to allow them to come up to room temperature. Bring a large saucepan of **water** with **½ tsp salt** to the boil for the **potatoes**. Peel and chop the **potatoes** into 2cm chunks. Peel and chop the **parsley** (stalks and all). Finely chop the **pine nuts**. Peel and grate the **garlic** (or use a garlic press). When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



Make the Mash

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add the **butter**, **cheese**, **parsley** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.



Coat the Steaks

Put the **panko breadcrumbs** onto a plate and add the **olive oil for the crumb** (see ingredients for amount), **pine nuts** and **dried rosemary**. Season with **salt** and **pepper**. Stir together to ensure the **crumbs** are nicely oiled. Season the **lamb steaks** with **salt** and **pepper**, then spread **half the Dijon mustard** evenly over each **steak**, ensuring they are completely covered. Press the **steaks** into the **crumbs**, making sure they are evenly coated. **IMPORTANT: Wash your hands and equipment after handling raw meat.**



Spinach Time

Wipe out your pan, then pop back on medium-high heat. Add the **spinach** and season with **salt** and **pepper**. Stir together and cook until wilted, 1-2 mins. Stir in the **garlic** and cook for 1 min more, then stir in the **creme fraiche** and cook until piping hot. Taste and season if needed, then remove the pan from the heat.



Cook the Lamb

Heat a drizzle of **oil** in a large 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 on the top shelf of your oven for 5 mins if you want them 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 browned.**



Serve

Once the **lamb** is cooked, remove from your oven and leave to rest on a board for a couple of mins. Divide the **creamed spinach** and **cheesy mash** between your plates. Slice the **lamb steaks** into 5 pieces and serve alongside with any remaining **Dijon mustard**.

Enjoy!