



Rosemary & Walnut Crusted Lamb Steak

with Creamy Mash, Roasted Chantenay Carrots and Creamed Spinach

30

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



Lamb Steak



Rosemary



Walnuts



Garlic Clove



Chantenay Carrot



Potatoes



Dijon Mustard



Baby Spinach



Creme Fraiche

Before you start

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

Cooking tools

Bowl, garlic press, saucepan, baking tray, frying pan, colander, potato masher, lid and aluminium foil.

Ingredients

	2P	3P	4P
Lamb Steak**	2	3	4
Rosemary**	1 bunch	1 bunch	2 bunches
Walnuts 2)	20g	40g	40g
Garlic Clove**	1	1	2
Chantenay Carrot**	150g	225g	300g
Potatoes**	450g	700g	900g
Dijon Mustard 9) 14)	10g	15g	20g
Baby Spinach**	100g	150g	200g
Crema Fraiche** 7)	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	616g	100g
Energy (kJ/kcal)	2810 /672	457 /109
Fat (g)	37	6
Sat. Fat (g)	18	3
Carbohydrate (g)	51	8
Sugars (g)	10	2
Protein (g)	37	6
Salt (g)	0.54	0.10

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nuts 7) Milk 9) Mustard 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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Start the Prep

Preheat your oven to 200°C. Remove the **lamb steaks** from your fridge to allow them to come up to room temperature and season with **salt** and **pepper**. Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks), then pop **half** into small bowl. Roughly chop the **walnuts** and pop into the **rosemary** bowl. Stir together and set aside. Peel and grate the **garlic** (or use a garlic press). Trim and halve any large **carrots** (no need to peel).



Mash Time

While the **lamb** cooks, drain the **cooked potatoes** in a colander and return to the pan, off the heat. Mash until smooth. Season with **salt** and **pepper**, then stir in **half** the **creme fraiche**. Cover with a lid to keep warm. When the **lamb** is cooked, transfer to a plate and leave to rest, covered loosely with foil.



Roast the Carrots

Bring a large saucepan of **water** with ½ **tsp salt** to the boil. Peel and chop the **potatoes** into 2cm chunks. When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Meanwhile, pop the **carrots** onto a large baking tray. Drizzle with **oil**, season with **salt**, **pepper** and the remaining **rosemary**, then toss to coat. Spread out in a single layer. When the oven is hot, roast on the top shelf until tender, 20-25 mins. Turn halfway through.



Make the Creamed Spinach

Pop the (now empty) frying pan on high heat (no oil). When hot, add the **garlic** and **spinach**. Season with **salt** and **pepper**, then stir-fry until wilted, 2-3 mins. Add the remaining **creme fraiche** and bring to the boil, stirring consistently, until thickened and piping hot, 4-5 mins. Taste and season with **salt** and **pepper** if needed. Set aside.



Cook the Lamb

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, carefully lay the **lamb steaks** into the pan. Fry until starting to brown, 2 mins each side. Once seared, remove from your pan, then spread the **mustard** over 1 side of each. Sprinkle the **rosemary walnut crumb** over the **mustard**, pressing down so it sticks. Pop the **steaks** onto the **carrot** tray and roast on the top shelf of your oven for 5 mins for medium-rare. **TIP:** Cook for 2-3 mins extra mins if you like it more well done. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The lamb is cooked when browned on the outside.



Serve

Share the **mash** between your plates with the **lamb steaks** on top. Serve with the **creamed spinach** and **roasted carrots** alongside.

Enjoy!