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Garlic & Rosemary Crumbed Lamb with a Warm Broccoli Salad

Remember when 'salad' in this country used to mean some white iceberg lettuce, a couple slices of anaemic tomato and raw onion? Thank goodness for progress! This salad of roast broccoli and red onion is testament to just how good veggies can taste. It's the perfect side for our herby lamb steaks.



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 1

Pantry Items



Olive Oil



Apple Cider
Vinegar



Panko
Breadcrumbs



Rosemary



Lamb Leg Steaks



Garlic



Broccoli



Red Onion



Green Beans



Slivered Almonds



Dijon Mustard

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2P	4P	Ingredients
½ packet	1 packet	panko breadcrumbs
2 tbs	4 tbs	olive oil *
1 bunch	2 bunches	rosemary, leaves picked & roughly chopped
2	4	lamb leg steaks
2 cloves	4 cloves	garlic, peeled & crushed
1 head	2 heads	broccoli, chopped into 2 cm florets
½	1	red onion, finely sliced
1 packet	2 packets	green beans, trimmed & halved
1 packet	2 packets	slivered almonds
½ tub	1 tub	Dijon mustard (recommended amount)
2 tsp	4 tsp	apple cider vinegar *

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2180	Kj
Protein	44.7	g
Fat, total	28.9	g
-saturated	6.8	g
Carbohydrate	15.9	g
-sugars	4	g
Sodium	263	mg

2



You will need: chef's knife, chopping board, three medium bowls, tongs and oven tray lined with baking paper.

1 Preheat the oven to **200°C/180°C fan-forced**.

2 In a medium bowl combine the **panko breadcrumbs**, half the **olive oil** and the **rosemary**. Season with **salt** and **pepper**.

3 Place the **lamb leg steaks** in a separate medium bowl. Toss in the **garlic** and a dash of olive oil. Season with salt and pepper. Place on prepared oven tray. Top with the panko crumbs and press down so they stick. Drizzle with a little extra olive oil.

4 Lay the **broccoli florets** and **red onion** on the same tray. Season with salt and pepper and toss in a little olive oil. Place the tray in the oven for **15-20 minutes**, or until the lamb crumb is golden and the lamb is cooked through. Add the **green beans** in the last **10 minutes** of the lamb cooking time.

5 Transfer the broccoli, beans and red onion to a third bowl. Toss with the **slivered almonds**, remaining olive oil, **Dijon mustard** and **apple cider vinegar**. Season with salt and pepper.

6 To serve, divide the broccoli salad and crumbed lamb between plates. Enjoy!

3



4



5



Did you know? Broccoli was once referred to as “Italian asparagus”.