

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









Panko Breadcrumbs



Rosemary



Lamb Leg Steaks



Garlic



Broccoli









Red Onion

Green Beans

Slivered Almonds

Dijon Mustard

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	
1/2	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

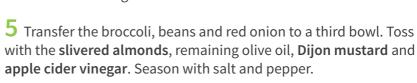
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Energy	2180	Kj			
Protein	44.7	g			
Fat, total	28.9	g			
-saturated	6.8	g			
Carbohydrate	15.9	g			
-sugars	4	g			
Sodium	263	mg			



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.



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





