



Everything But The Chef

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Crumbed Lamb with Pumpkin Mash

For a classic meat and three veg, you need a few things. Good quality meat as a centrepiece, a variety of colours and a good sprinkle of crowd favourites are all non-negotiable. This crumbed lamb rump is perfectly crispy and it's complemented perfectly by sweet pumpkin mash and caramelised leek. An Aussie family favourite - your loved ones shouldn't need much convincing to eat their dinner!

Prep: 10 mins
Cook: 30 mins
Total: 40 mins

level 2
high protein
low sodium

Pantry Items



Butter



Flour



Egg



Vegetable Oil



Pumpkin



Garlic



Leek



Lamb Rump Portion



Panko Breadcrumbs



Parsley



Lemon

2P	4P	Ingredients	
400 g	800 g	pumpkin, peeled & cubed	
1 clove	2 cloves	garlic, peeled & crushed	⊕
1	2	leek, washed & finely sliced	A
1 tbs	2 tbs	butter *	
3	6	lamb rump portions, halved crossways	
1 tbs	2 tbs	plain flour *	
1	2	egg, lightly whisked *	
1 cup	2 cups	panko breadcrumbs	
½ bunch	1 bunch	parsley, finely chopped	⊕
¼ cup	½ cup	vegetable oil *	
1	2	lemon, cut into wedges	⊕

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2990	Kj
Protein	54.1	g
Fat, total	29.4	g
-saturated	11.7	g
Carbohydrate	54	g
-sugars	12.9	g
Sodium	280	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, garlic crusher, vegetable peeler, whisk, pot, strainer, potato masher, frying pan, bowl, paper towel, three shallow bowls, meat mallet/rolling pin, plate, and a large frying pan.*

1 Place the **pumpkin** into a pot of water and bring it to the boil. Cook for **15 minutes**, or until tender. Drain well. Coarsely mash with a potato masher and a drizzle of olive oil. Season well with **salt** and **pepper**.



2 Heat a frying pan over a low-medium heat. Add the **garlic, leek, butter** and a pinch of salt. Cook, stirring, for **5 minutes**, or until the leek is soft. Remove the leek from pan and set aside. Wipe the pan clean to cook the lamb.



3 To crumb the lamb, prepare three shallow bowls. In the first, place the **plain flour** and a good grind of salt and pepper. In the second, the **egg**. In the third, the **panko breadcrumbs** and **parsley**. Take each **lamb rump piece** and tenderise it by giving it a good bash with a meat mallet (or rolling pin). Dip the lamb rump in the flour, then into the egg wash, and then into the breadcrumb mixture. Lay them out on a plate, ready to fry.

Tip: If you don't have an egg, replace it with 2 tbs milk.

4 In a large frying pan, heat the **vegetable oil** over a medium heat. Shallow fry the lamb in batches on each side for about **5 minutes**, or until browned.



5 To serve, divide the pumpkin mash, crumbed lamb, and caramelised leek between plates. Give everything a good squeeze of **lemon** and dig in!

Did you know? Leek has been cultivated in the Middle East for over 3000 years.