



Everything But The Chef

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## Dukkah Crusted Lamb with Chips Two Ways

The chips so nice we had 'em twice. These ribboned carrots and hearty rustic potato chips are the ideal celebration of veg to hold their own next to our dukkah crusted lamb leg steaks. The key to a very crispy potato is to allow moisture in the veg to cook off. Giving the chips lots of space in their baking tray, and not scattering too many carrot ribbons in one place will have your chips looking tip top.

- Prep:** 10 mins
- Cook:** 30 mins
- Total:** 40 mins
- level 1**
- lactose free**
- gluten free**
- high protein**

### Pantry Items

- Olive Oil
- Balsamic Vinegar



Potato



Carrot



Lamb Leg Steaks



Dukkah



Rocket Leaves

2P	4P	Ingredients	
½ bag	1 bag	potatoes, unpeeled & cut into fries	⊕
1 tbs	2 tbs	olive oil *	
2	4	carrots, peeled into ribbons (discard skin)	A ⊕
2 steaks	4 steaks	lamb leg	
2 tbs	4 tbs	dukkah	
½ bag	1 bag	rocket leaves, washed	⊕
2 tsp	1 tbs	balsamic vinegar *	

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	2630	Kj
Protein	43.4	g
Fat, total	29.3	g
-saturated	6.9	g
Carbohydrate	42.7	g
-sugars	10.3	g
Sodium	515	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** *chef's knife, chopping board, vegetable peeler, oven tray lined with baking paper, medium frying pan, two plates, and aluminium foil.*

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

**2** Toss the **potatoes** in half of the **olive oil** and season with **salt** and **pepper**. Place in a single layer on the lined oven tray. Cook in the oven for **15 minutes**. Distribute the **carrot** over the potato fries on the tray and cook for a further **15 minutes** or until golden and crispy (the carrots will continue to crisp as they cool).

**3** Meanwhile, rub the **lamb leg steaks** with the remaining olive oil and then roll in the **dukkah** to coat well.

**4** Heat a medium frying pan over a medium-high heat. Add the dukkah coated lamb and cook for **2 minutes** on each side for medium rare, or until cooked to your liking. Transfer to a plate and cover with foil. Rest for **5 minutes**.

**5** Divide the **rocket leaves** between plates and drizzle with a little olive oil and the **balsamic vinegar**. Top with the dukkah lamb and serve with the potato and carrot fries.



**Did you know?** Carrots do not improve night vision! This myth was circulated by The Royal Airforce during World War Two to “explain” why their pilots had improved success during night air battles. They actually used this myth to disguise their improvements in radar technology.