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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

high protein



gluten









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 |

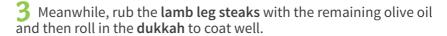
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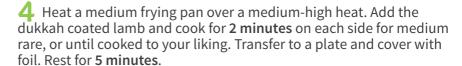
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You will need: chef's knife, chopping board, vegetable peeler, oven tray lined with baking paper, medium frying pan, two plates, and aluminium foil.

- 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 crispen as they cool).







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.