

Crumbed Lamb with Braised Leeks and Mash

For a classic meat and three veg, you need a few things. Good quality meat as a centerpiece, 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.



Prep: 20 mins **Cook:** 20 mins **Total:** 40 mins



level 2



nut free



high protein















Pumpkin



Lamb Rump



Panko



Parsle







2P	4P	Ingredients	
1/2	1	pumpkin, skin removed & cubed	
2 tbs	4 tbs	butter *	
3 steaks	6 steaks	lamb rump, halved crossways	
1 tbs	2 tbs	plain flour *	
1	2	egg, lightly whisked *	
1 packet	2 packets	panko breadcrumbs	
½ bunch	1 bunch	parsley, finely chopped	
1 clove	2 cloves	garlic, peeled & crushed	
1	2	leek, washed & finely sliced	
¼ cup	½ cup	vegetable oil *	
1	2	lemon, cut into wedges	\oplus

#	Ingredient features
	in another recipe

Pantry Items

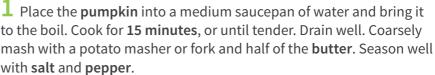
Pre-preparation

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Energy	2740	Kj
Protein	45.2	g
Fat, total	34.1	g
-saturated	11.7	g
Carbohydrate	38.6	g
-sugars	12.5	g
Sodium	219	mg



You will need: chef's knife, chopping board, garlic crusher, whisk, medium saucepan, strainer, potato masher or fork, three shallow bowls, meat mallet/rolling pin, plate, large frying pan, wooden spoon, a paper towel and tongs.





2 To crumb the lamb rump, 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 tablespoons of milk.



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

4 In the same 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 braised 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.