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## 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

### Pantry Items



Plain Flour



Egg



Butter



Vegetable Oil



Pumpkin



Lamb Rump



Panko Breadcrumbs



Parsley



Garlic



Leek




Lemon

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2P	4P	Ingredients
½	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 

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

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.*

**1** Place the **pumpkin** into a medium saucepan of water and bring it to the boil. Cook for **15 minutes**, or until tender. Drain well. Coarsely mash with a potato masher or fork and half of the **butter**. Season well with **salt** and **pepper**.



**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.