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## Dukkah Crusted Lamb Steaks 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 that hold their own next to our dukkah crusted lamb leg steaks. Believe when we say this crust is one for the history books: the flavour will knock your socks off!



**Prep:** 10 mins

**Cook:** 35 mins

**Total:** 45 mins



level 2



lactose  
free



gluten  
free

### Pantry Items



Olive Oil



Balsamic  
Vinegar



Potatoes



Carrots



Dukkah



Lamb Leg Steaks







Rocket Leaves

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

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	2380	Kj
Protein	43.7	g
Fat, total	25	g
-saturated	6.2	g
Carbohydrate	38.2	g
-sugars	5.8	g
Sodium	646	mg



**You will need:** *chef's knife, chopping board, vegetable peeler, two oven trays lined with baking paper, large frying pan, plate, aluminium foil.*

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

**2** Toss the **potato** in half of the **olive oil** and season with **salt and pepper**. Place in a single layer on one lined oven tray. Cook the potato in the oven for **35 minutes**, or until golden and cooked through. Place the **carrot** on the remaining oven tray and add to the oven in the final **15 minutes** and bake until golden and crispy (the carrot will continue to crisp as it cools).



**3** Meanwhile, toss the **lamb leg steaks** in 2 teaspoons of the olive oil and then roll in the **dukkah** to coat well.

**4** Heat a splash of olive oil in a large 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 the **balsamic vinegar** and the remaining 2 teaspoons of olive oil if you like. Top with the dukkah lamb. Serve with the potato and carrot chips. Enjoy!



**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.