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## Rosemary & Garlic Lamb with Sweet Potato Mash

Some dishes are as much about texture as they are flavour – did you know the texture of your food actually changes the way you taste it? The contrast here of silky wilted baby spinach and creamy mash with a herby, crunchy lamb steak will leave your tastebuds tingling.



Prep: 10 mins

Cook: 15 mins

Total: 25 mins



level 1



nut free

### Pantry Items



Butter



Milk



Olive Oil



Sweet Potato



Panko Breadcrumbs



Rosemary



Lamb Leg Steaks



Garlic





Baby Spinach Leaves

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QTY	Ingredients
800 g	sweet potato, peeled & chopped into 3 cm chunks
2 tbs	butter *
¼ cup	milk*
1 packet	panko breadcrumbs
1 tbs	olive oil *
1 bunch	rosemary, leaves roughly chopped
4-5	lamb leg steaks
1 clove	garlic, peeled & crushed 
1 bag	baby spinach leaves, washed

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	2120	Kj
Protein	39.9	g
Fat, total	19.4	g
-saturated	9	g
Carbohydrate	40.2	g
-sugars	12.7	g
Sodium	192	mg



**You will need:** *chef's knife, chopping board, vegetable peeler, garlic crusher, large saucepan, colander, potato masher or fork, two medium bowls, oven tray lined with baking paper and large frying pan.*

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

**2** Place the **sweet potato** in a large saucepan of salted water. Bring to the boil and cook for **15 minutes**, or until soft when pierced with a knife. Drain and return the sweet potato to the large pot. Add the **butter** and **milk**, season with **salt** and **pepper**, and mash with a potato masher or fork until smooth. Set aside, covered.

**3** Meanwhile, in a medium bowl combine the **panko breadcrumbs**, half the **olive oil** and the **rosemary**. Season with salt and pepper.

**4** Place the **lamb leg steaks** in a separate medium bowl. Toss in the **garlic** and a dash of olive oil. Season with salt and pepper. Place on the prepared oven tray. Top with the panko crumbs and press down so they stick. Drizzle with a little extra olive oil. Cook for **15-20 minutes**, or until the crumb is golden and the lamb is cooked through.

**5** Meanwhile, heat the remaining olive oil in a large frying pan over a medium-high heat. Cook the **baby spinach leaves** for **1-2 minutes**, or until wilted down. Remove from the heat. Season to taste with salt and pepper.

**6** To serve, divide the crumbed lamb, wilted spinach and sweet potato mash between plates. Enjoy!

**Did you know?** The name of Rosemary originates from the Latin word *rosmarinus*, meaning “mist or dew of the sea”.

