

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

nut free



level 1



Pantry Items













Rosemary



Steaks





Baby Spinach

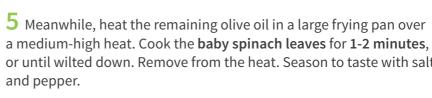
QTY	Ingredients	
800 g	sweet potato, peeled & chopped into 3 cm chunks	
2 tbs	butter *	
1/4 cup	milk*	
1 packet	panko breadcrumbs	
1 tbs	olive oil *	
1 bunch	rosemary, leaves roughly chopped	
4-5	lamb leg steaks	
1 clove	garlic, peeled & crushed	
1 bag	baby spinach leaves, washed	

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		
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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.

- 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





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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".