

MARLEY SPOON



Lamb and Spicy Sweet Potatoes

with Lemon Yoghurt



20-30min



2 Portions

The combination of tender sweet potatoes and Greek yoghurt is so delicious you'll never want to eat your roasted vegetables any other way. Spring onions get cooked whole with the steaks and take on the rich flavours of lamb. Remember to smear the plates with yoghurt before topping with vegetables and lamb so you get some creamy and tangy goodness in every bite.

What we send

- lamb leg steaks
- sweet potato
- coriander and spring onion
- Greek-style yoghurt ⁷
- lemon
- dried chilli flakes

What you'll require

- Australian honey
- olive oil
- salt and pepper

Utensils

- baking paper
- grater
- large frypan
- oven tray

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Milk (7). May contain traces of other allergens.

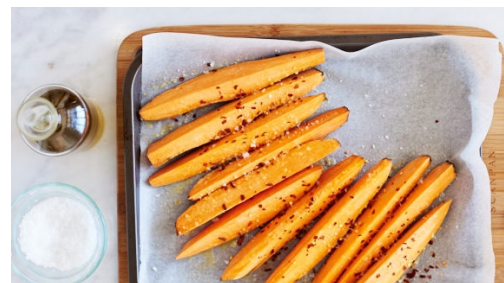
Nutrition per serving

Energy 650.0kcal, Fat 24.8g, Proteins 37.9g, Carbs 60.8g



1. Cut sweet potato

Preheat oven to 220C with racks in upper and lower thirds. Cut the **sweet potato** lengthwise into 1cm wedges.



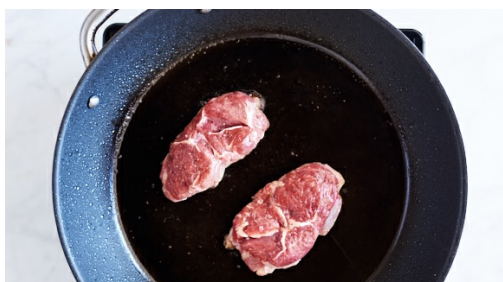
2. Roast sweet potato

Toss the **sweet potato** on a lined oven tray with the **dried chilli flakes** to taste (be careful, they are hot) and 2 tbs **oil**. Season with **salt**. Roast for 25-30 mins until golden and tender.



3. Make yoghurt sauce

Meanwhile, zest and juice half the **lemon**. Cut remaining half into wedges. Pick the **coriander** leaves and finely chop the stems. Combine the **yoghurt** and chopped stems in a small bowl. Add the **zest**, 1 tbs **juice** and ½ tsp **honey**. Season with **salt and pepper** and stir to combine.



4. Sear steak

Meanwhile, heat 2 tsp **oil** in a large frypan over high heat. Trim any excess fat from the **steaks** and season with **salt and pepper**. Cook the lamb for 2 mins or until well browned.



5. Finish steak

Flip **steak** and add **spring onions**, turning to coat in fat, and continue to cook for 2-3 mins until steak is deeply browned and onions are charred and tender (cooking time will depend on the thickness of your steak).



6. Get ready to serve

Smear some **yoghurt sauce** onto the serving plates and top with **steak**, **sweet potato** and **spring onion**. Garnish with **coriander** leaves and serve with **lemon wedges** and remaining sauce on the side.