

# MARLEY SPOON



## CF: Middle Eastern Lamb

with Carrots, Feta and Currants



20-30min



2 Portions

Middle Eastern culinary influences culminate in this quick and easy lamb salad. Roasted carrots are drizzled with a honeyed garlic vinaigrette and dotted with creamy feta and tart currants. Jumble it all up and enjoy each mouthful with a crunch of crisp dukkah flatbread.



## What we send

- Garlic cloves skin on 2, Coriander 20g
- Carrots Baby Dutch 250x2)
- Lamb Leg Steaks, 4x125gm
- Bread, Lebanese (4 pack) <sup>1</sup>
- Currants, Dried
- Cheese, Feta 100 gm <sup>7</sup>
- Spice, Dukkah <sup>11,15</sup>

## What you'll require

- Australian honey
- olive oil
- red wine vinegar <sup>17</sup>
- sea salt and pepper

## Utensils

- baking paper
- foil
- large frypan
- oven tray

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

### Cooking tip

Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

### Allergens

Gluten (1), Milk (7), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

### Nutrition per serving

Energy 630.0kcal, Fat 26.4g, Proteins 37.7g, Carbs 56.4g



**1. Roast carrots**

Preheat the oven to 220C. Line 2 oven trays with baking paper. Scrub the **carrots**, leaving 2cm of the tops attached, and clean around the tops. Place **carrots** and **unpeeled garlic** on one tray, drizzle with **1 tbs oil**, season with **salt and pepper**, and toss to coat. Roast in the oven for 20 mins or until tender.



**4. Cook lamb**

Heat **1 tbs oil** in a large frypan over medium-high heat. Cook the **lamb** for 3-4 mins each side for medium-rare or for longer until cooked to your liking. Remove, loosely cover with foil and set aside to rest for 5 mins.



**2. Season lamb**

Meanwhile, pick the **coriander** sprigs. Season **lamb** with **salt and pepper**.



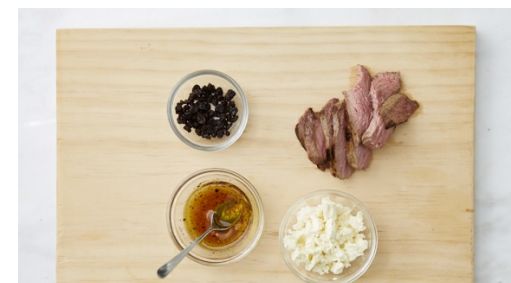
**5. Prepare dressing**

Squeeze cooled **garlic** from skin onto a board and mash with a fork. Transfer to a small bowl with the **remaining oil**, **red wine vinegar** and **honey**. Season with **salt and pepper**, and whisk together with the fork.



**3. Toast bread**

Lightly brush the **bread** with **1 tbs oil**, then tear into quarters. Place on the second tray and sprinkle with the **dukkah**. Toast in the oven for 4 mins or until golden and crisp. Keep warm.



**6. Get ready to serve**

Crumble **feta**. Slice **lamb**, then divide among plates with the **carrots**. Scatter the **feta**, **currants** and **coriander** over the carrots, and drizzle with the dressing. Serve with the toasted bread.