

# MARLEY SPOON



## Lamb with Minted Peas

and Zucchini



20-30min



2 Portions

Just look at Mexican, Turkish and Indian dishes and you'll find cumin and coriander. The classic spice pairing is a favourite of ours, lending enchanting flavour to a range of dishes. Here, it adds warmth and citrus notes to pan-fried lamb, playing off the fragrance of mint that's stirred into zucchini and peas. Meat and veg never tasted so good.

## What we send

- grass fed lamb leg steaks
- zucchini, lemon
- green peas
- garlic clove, mint
- cumin and coriander spice blend
- salt and pepper

## What you'll require

- butter<sup>7</sup>
- olive oil
- sea salt and pepper

## Utensils

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 510.0kcal, Fat 22.2g, Proteins 41.9g, Carbs 26.9g



### 1. Marinate lamb

Combine **3 tsp oil**, the **coriander and cumin spice blend** and **salt and pepper** in a bowl. Add the **lamb** and turn to coat.



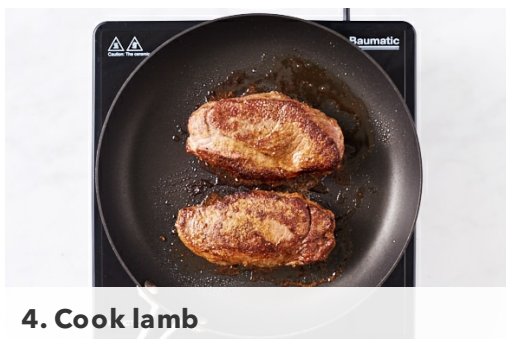
### 2. Prepare zucchini

Trim the **zucchini** and coarsely chop. Crush the **garlic** or finely chop the **garlic**.



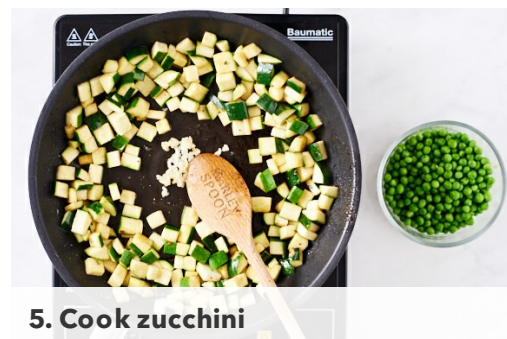
### 3. Prepare ingredients

Finely grate the zest of **half the lemon**, then juice the half (reserve remaining half for another use). Coarsely chop the **mint** leaves, discarding the stems.



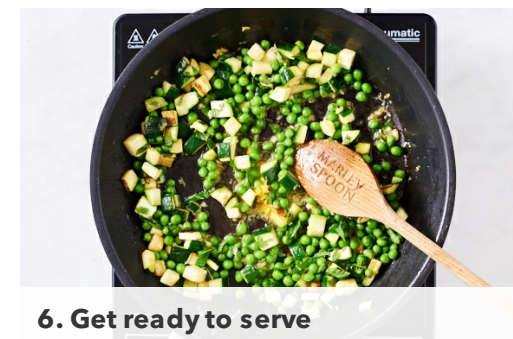
### 4. Cook lamb

Heat a large frypan over medium heat. Cook the **lamb** for 3 mins, then turn over and cook for a further 2 mins for medium-rare or until cooked to your liking. Transfer the steaks to a plate and pour over the **lemon juice**. Set aside to rest for 5 mins. Do not clean the pan.



### 5. Cook zucchini

Heat the **remaining 3 tsp oil** in the pan. Cook the **zucchini**, stirring, for 2 mins or until just tender and lightly golden. Stir in the **garlic** and **peas** and cook for a further 1-2 mins until warmed through.



### 6. Get ready to serve

Stir the **butter, lemon zest** and **mint** through the vegetables, season with **salt and pepper** and remove from heat. Thickly slice the **lamb**. Divide the **lamb** and **vegetables** among plates and drizzle the lamb with any resting juices to serve.