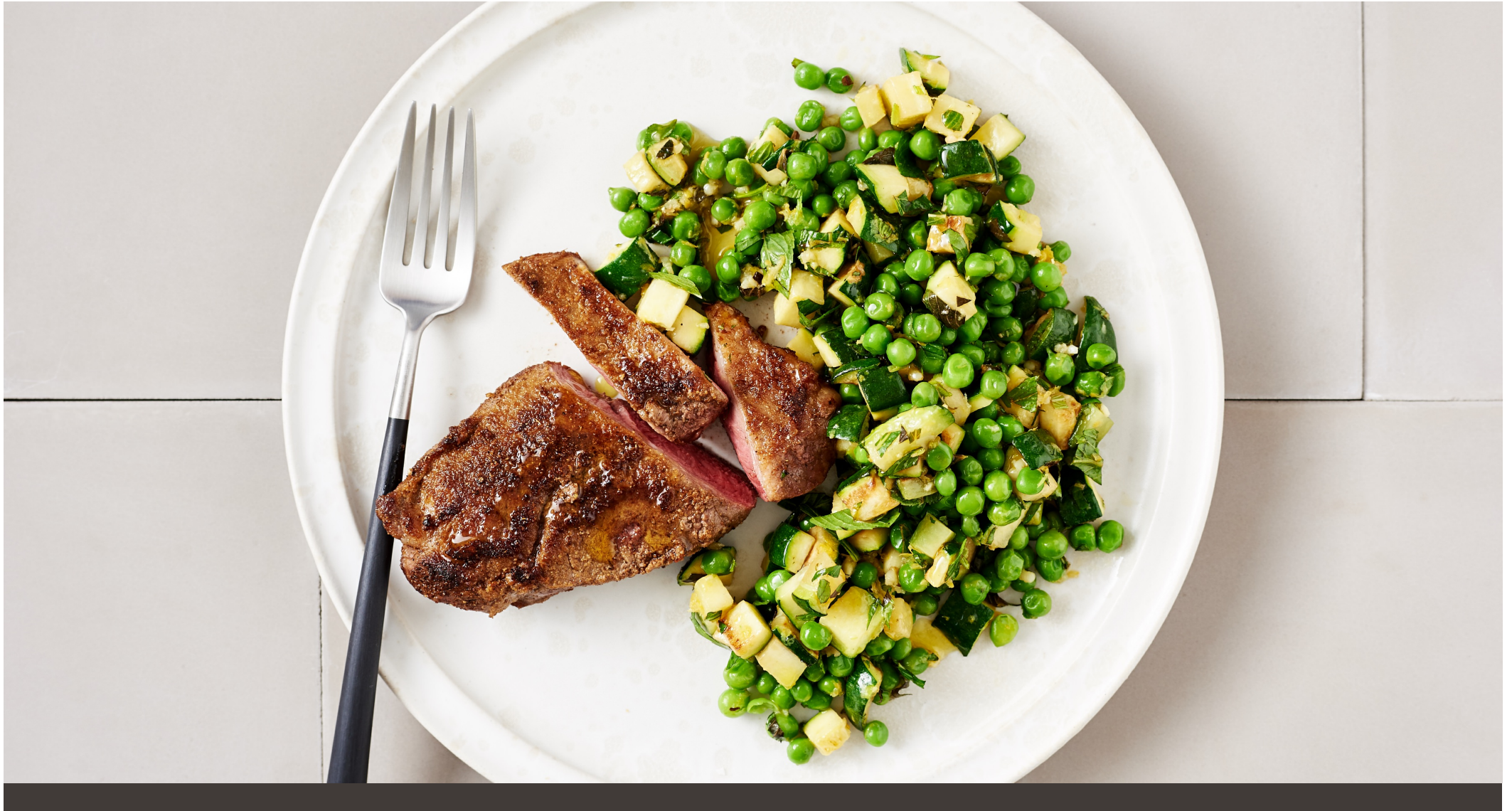


MARLEY SPOON



Lamb with Minted Peas

and Zucchini



20-30min



4 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

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

What you'll require

- butter⁷
- 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 475.0kcal, Fat 22.0g, Proteins 40.1g, Carbs 23.0g



1. Marinate lamb

Combine **1½ tbs oil**, the **cumin and coriander spice blend** and **salt and pepper** in a bowl. Add the **lamb** and turn to coat.



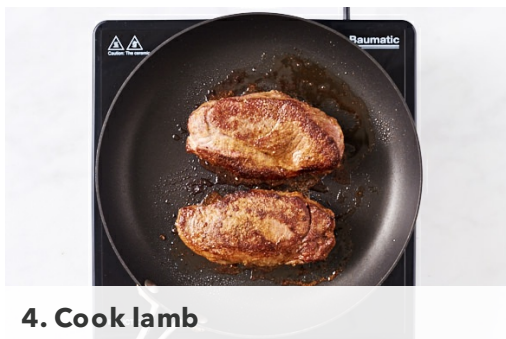
2. Prepare zucchini

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



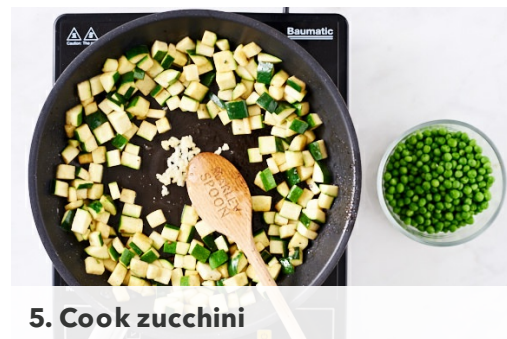
3. Prepare ingredients

Finely grate the zest of the **lemon**, then juice. Coarsely chop the **mint** leaves, discarding the stems.



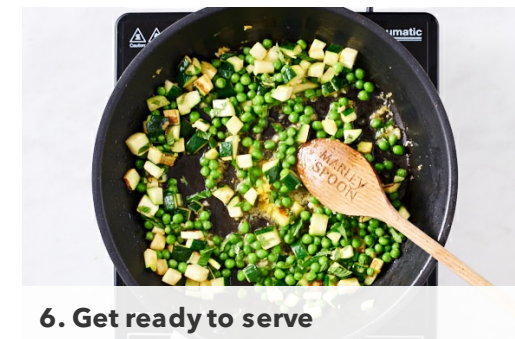
4. Cook lamb

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 1½ tbs 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 the heat. Thickly slice the **lamb**. Divide the lamb and **vegetables** among plates and drizzle the lamb with any resting juices to serve.