





Pepper-Crusted Lamb

with Roast Parsnips and Beetroot Sauce

 20-30min  2 Portions

With a couple of clever cooking techniques, you can create this 30-minute restaurant-style dinner and wow the family. Puree cooked beetroot for a vibrant sauce, add a simple pepper crust to lamb steaks for enhanced flavour and presentation, and team them with a nourishing combination of roasted and sautéed vegetables.

What we send

- white pepper
- 1 beetroot and 1 parsnip
- baby spinach leaves
- lean lamb leg steaks

What you'll require

- butter ⁷
- Dijon mustard ¹⁷
- olive oil
- sea salt and pepper
- sugar
- water
- white wine vinegar ¹⁷

Utensils

- baking paper
- large frypan
- oven tray
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

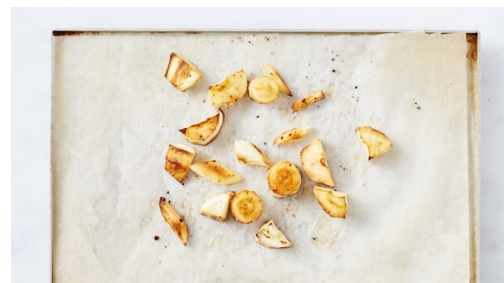
Nutrition per serving

Energy 515kcal, Fat 30.1g, Carbs 22.0g, Proteins 36.0g



1. Prepare ingredients

Preheat oven to 220C. Line 2 oven trays with baking paper. Bring **375ml (1½ cups) water** to the boil in a small saucepan. Peel and cut **parsnip** into 2cm chunks. Peel and coarsely grate **beetroot**. Cook beetroot, covered, in pan of boiling water for 10 mins. Uncover and cook, stirring occasionally, for 5 mins or until tender and water has almost evaporated.



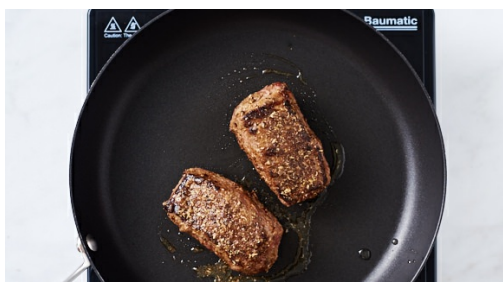
2. Cook parsnip and beetroot

Meanwhile, put the **parsnip** in a single layer on one tray, drizzle with **2 tsp olive oil** and season with **salt and pepper**. Toss to coat and roast for 15-20 mins until golden and tender.



3. Prepare lamb

While the vegetables are cooking, freshly grind **¼ tsp black pepper** into a bowl. Add the **white pepper**, season well with **salt** and stir to combine. Pat **lamb** dry with paper towel, rub all over with **2 tsp Dijon mustard**, then press on the pepper mixture to coat.



4. Cook lamb

Heat the **remaining 2 tsp olive oil** in a large frypan over medium-high heat. Cook the **lamb** for 2 mins each side or until browned. Transfer to the second tray and reserve the pan. Roast the lamb for 6 mins for medium-rare or until cooked to your liking. Remove from oven, loosely cover with foil and rest for 5 mins.



5. Make beetroot sauce

Meanwhile, blend the **beetroot** with a stick blender or food processor until smooth. Stir in **½ tsp sugar**, **½ tsp white wine vinegar** and **10g butter** and season with **salt**. Keep warm over low heat.



6. Get ready to serve

Melt **10g butter** in the reserved pan over medium-high heat. Add the **spinach** and cook, stirring, for 1-2 mins until wilted. Slice **lamb**. Divide the **beetroot sauce** among plates and top with the lamb, spinach and **parsnip**.