



MARLEY SPOON



Pepper-Crusted Lamb with Roast Parsnips and Beetroot Sauce

 20-30min  4 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
- 2 beetroot and 2 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
- foil
- large frypan
- oven tray
- paper towel
- small saucepan

Our veggies 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 510kcal, Fat 29.7g, Carbs 21.7g, Proteins 35.7g



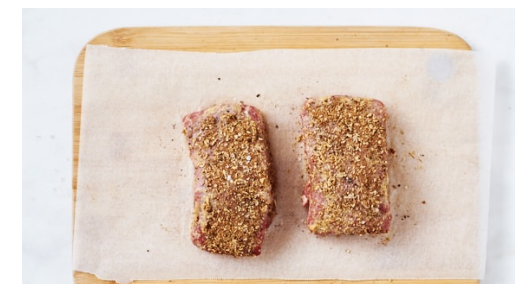
1. Prepare ingredients

Preheat the oven to 220C. Line 2 oven trays with baking paper. Put the **water** (see staples list) in a medium saucepan and bring to the boil. Peel the **parsnips**, then cut into 2cm chunks. Peel the **beetroot**, then coarsely grate.



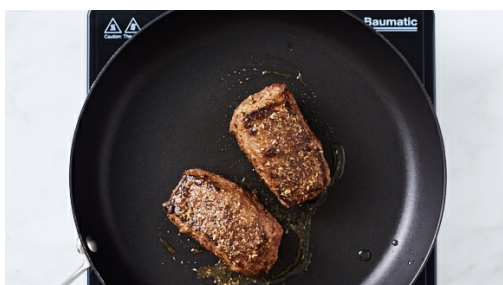
2. Cook parsnip and beetroot

Put the **parsnips** in a single layer on one of the trays, drizzle with **1 tbs oil** and season with **salt and pepper**. Toss to coat and roast for 15-20 mins until golden and tender. Meanwhile, cook **beetroot** covered in the pan of boiling water for 10 mins. Uncover, then cook, stirring occasionally, for a further 5 mins or until tender.



3. Prepare lamb

While the vegetables are cooking, freshly grind **½ 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 lamb all over with the **mustard**, then press the pepper mixture on all sides to coat lamb evenly.



4. Cook lamb

Heat the **remaining 1 tbs oil** in a large frypan over medium-high heat. Cook the **lamb** for 2 mins each side, then transfer to the second tray. Reserve the pan and do not clean. Put lamb in the oven and roast for 6 mins for medium-rare or longer until cooked to your liking. Remove from oven, loosely cover with foil and set aside to rest for 5 mins.



5. Make sauce

Once most of the beetroot liquid has evaporated, blend the **beetroot** with a stick blender until smooth. Stir in the **sugar**, **vinegar** and **half the butter** until well combined. Season with **salt**. Keep the sauce warm over low heat.



6. Cook spinach

Melt the **remaining 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.