

MARLEY SPOON



Spice-Crusted Lamb

with Braised White Beans, Blackened Orange...



30-40min



4 Portions

Featuring fragrant, spiced-crust lamb with braised white beans and Dutch carrots, this mod-Oz main is easy entertaining at its best. Simply chargrill lamb and orange until caramelised, then cook in one dish with the vegetables until deliciously tender. Paired with dry-roasted mixed nuts to start and a ready-to-go pickled fennel salad on the side, all you have to do now is pour another wine.

What we send

- chicken-style stock cube
- white cannellini beans
- navel orange
- Cornersmith pickled fennel ¹⁷
- boneless lamb leg roast
- dutch carrots
- red onion
- coriander seeds
- dry roasted nuts ¹⁵
- garlic, mint, parsley
- chilli flakes

What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- foil
- rolling pin

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

Cooking tip

This dish can be cooked on a BBQ. Start lamb and orange on the hotplate on direct heat then switch to indirect heat when veg and lamb are in the baking dish to finish cooking, see steps 5 and 6.

Allergens

Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

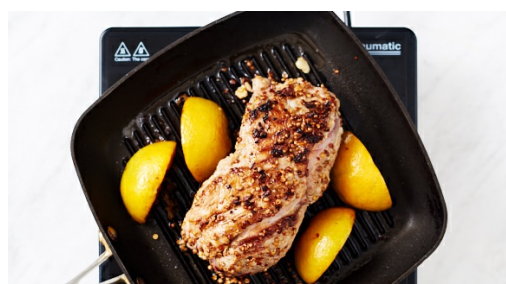
Nutrition per serving

Energy 860kcal, Fat 43.6g, Carbs 43.1g, Proteins 67.8g



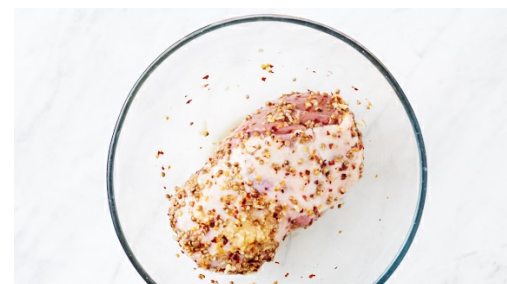
1. Prepare spice crust

Serve the **roasted nuts** to your guests while you prep the lamb. Preheat the oven to 200C. Trim excess fat from the **lamb**, if preferred. Cut the **orange** into quarters. Peel the **garlic**. Put the garlic, **coriander seeds** and **chilli flakes** (or to taste) in a zip-lock bag, then pound with a rolling pin to coarsely crush. Alternatively, use a mortar and pestle.



4. Brown lamb

Heat a chargrill or large frypan over medium-high heat. Cook the **lamb** and **orange** for 2-3 mins each side until the lamb is browned and the orange is charred slightly. Crumble the **stock cubes** into a heatproof jug, add **250ml (1 cup) boiling water** and stir to combine.



2. Marinate lamb

Put the **spice mixture**, **2 tbs olive oil** and **2 tsp salt** in a large bowl and stir to form a paste. Add the **lamb** and rub all over to coat.



5. Finish cooking lamb

Pour the stock over the vegetables. Put the **lamb** and **orange** in the baking dish on top of the vegetables and roast, uncovered, for 22-25 mins for medium-rare until cooked to your liking. If you have a meat thermometer, remove the lamb when the internal temperature is 57C for medium-rare or 62C for medium. Remove from the oven.



3. Prepare vegetables

Drain and rinse the **beans**. Peel and cut the **onion** into wedges. Peel the **carrots** and cut off the green tops, leaving 2cm attached. Put the beans, onion and carrot in a 2L (8-cup) baking dish or casserole.



6. Get ready to serve

Remove the **lamb** from the dish and put on a cooling rack with a tray underneath, then set aside to rest for 15 mins. Cover the vegetables with a lid or foil to keep warm. Meanwhile, pick the **mint** and **parsley** leaves, discarding the stems. Combine herbs and **pickled fennel** in a bowl. Slice the **lamb** and serve with the **vegetables** and **pickled fennel salad**.

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from at least 20%
Australian ingredients