

## Seared Lamb Steaks

with Creamy Caper Potatoes



20-30min



4 Portions

Here's an Aussie favourite, re-jigged for speed and extra-deliciousness. Capers, aioli and mustard make a creamy, zingy sauce for warm potato salad, while wilted spinach adds another dimension to tender green peas. And juicy lamb steak, cut from the leg, is ultra-fast to grill.



## What we send

- 3
- 2 x 150g peas

## What you'll require

- Dijon mustard <sup>17</sup>
- olive oil
- sea salt and pepper

## Utensils

- large saucepan
- rolling pin

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

## Cooking tip

Cooking times may vary depending on the lamb steak thickness.

## Allergens

Egg (3), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 465kcal, Fat 19.7g, Carbs 29.1g, Proteins 37.6g



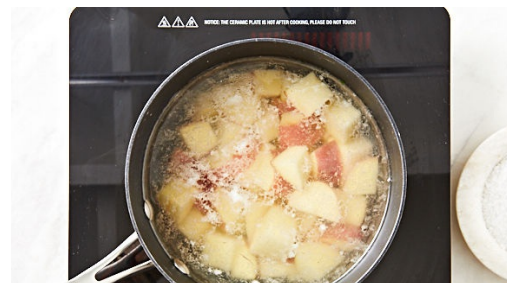
### 1. Prepare lamb

Lightly pound the **steaks** with a rolling pin to flatten slightly. Put **2 tsp olive oil** in a large bowl and season with **salt and pepper**. Add the steak, turn to coat, then set aside.



### 4. Cook lamb

Heat a chargrill pan or large frypan over high heat. Cook the **steaks** for 2-4 mins each side for medium-rare or until cooked to your liking (see cooking tip). Remove from pan and rest for 3 mins.



### 2. Cook potatoes

Cut the **unpeeled potatoes** into 2cm chunks. Put in a large saucepan of cold salted water and bring to the boil. Reduce the heat to medium and cook for 5-6 mins until tender. Transfer to a large bowl using a slotted spoon, reserving the pan of water.



### 5. Cook peas and spinach

While the steak cooks, bring the pan of water back to the boil. Cook the **peas** for 2 mins or until tender. Add the **spinach** and stir to wilt. Drain well.



### 3. Make dressing

Meanwhile, coarsely chop the **capers**. Put the capers, **aioli** and **3 tsp Dijon mustard** in a bowl. Stir to combine and season with **salt and pepper**.



### 6. Dress potatoes

Add the **dressing** to the **potato** in the bowl and gently stir to coat. Slice the **steaks** against the grain. Divide the **caper and mustard potatoes, peas, spinach** and steak among plates to serve.