



Everything
But The Chef

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Sumac Lamb Steaks with Fattoush Salad

We love fattoush; that Middle Eastern panzanella style salad studded with crispy shards of Lebanese bread. There's nothing quite like it. Lemony sumac too is the perfect summer flavour. We've crusted a juicy tender lamb steaks in the stuff, and you won't believe how good it makes it taste! This is best when the Lebanese bread is hot and crispy, so don't delay in getting it served up and on the table.

 **Prep:** 10 mins
 **Cook:** 15 mins
Total: 25 mins

 **nut free**

 **eat me first**

 **level 1**

 **lactose free**

 **helping hands**

Pantry Items



Red Wine
Vinegar



Olive Oil



Tomato



Kalamata Olives



Cucumber



Red Onion



Parsley



Lebanese Bread



Lamb Leg Steak



Sumac



Garlic



Lemon

Qty	Ingredients	
2	tomatoes, cut into wedges	A
¼ cup	kalamata olives, halved (optional)	
2	cucumbers, halved & chopped	
½	red onion, finely sliced	⊕
1 bunch	parsley, leaves picked	
1 tbs	red wine vinegar *	
2 tbs	olive oil *	
2	Lebanese bread, cut into strips	B
600 g	lamb leg steaks	
2 tsp	sumac	
2 cloves	garlic, peeled & crushed	⊕
½	lemon, cut into wedges	⊕

⊕ May feature in another recipe

* Pantry Items

Servings per recipe: 4

Nutrition per serve

Energy	1780	Kj
Protein	37.4	g
Fat, total	20.5	g
-saturated	6.4	g
Carbohydrate	20.5	g
-sugars	4.1	g
Sodium	526	mg

A



You will need: *chef's knife, chopping board, medium bowl, small bowl/jug, large frying pan, plate, aluminium foil, large bowl, and an oven tray lined with baking paper.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Combine the **tomato**, **kalamata olives** (if using), **cucumber**, **red onion** and **parsley** in a medium bowl. Whisk the **red wine vinegar** and half of the **olive oil** in a small bowl or jug and season to taste with **salt** and **pepper**. Pour the dressing over the salad and set aside.

3 Place the **Lebanese bread strips** on a lined oven tray and cook in the oven for **5 minutes** or until crispy. Toss the Lebanese bread through the salad and then divide between plates.

4 Meanwhile in a large bowl rub the **lamb leg steaks** with the remaining olive oil, **sumac**, **garlic**, and some salt and pepper until well coated. Heat a large frying pan over a medium-high heat. Add the lamb and cook for **2 minutes** on each side for medium-rare or until cooked to your liking. Transfer to a plate and cover with foil. Rest for **5 minutes**.

5 To serve, divide the salad and **lemon wedges** between plates and top with the lamb. Enjoy!

B



3



4



Did you know? Fattoush is an incredibly hydrating salad due to the watery nature of cucumbers and tomatoes so it's perfect for a warm Summer's night!