



# SPICED CHOPPED LAMB STEAK

with Tomato Relish and Roasted Potatoes

PRONTO



## HELLO CHUTNEY

You'll "relish" the flavour of this DIY tomato and balsamic chutney!

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 768



Ground Lamb



Broccoli, florets



Thyme



Yellow Potato



Cumin-Turmeric Spice Blend



Roma Tomato



Garlic



Balsamic Vinegar



Red Onion, chopped

## BUST OUT

- 2 Baking Sheets
- Medium Pot
- Garlic Press
- Sugar (2 tsp | 4 tsp)
- Large Non-Stick Pan
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil
- Medium Bowl

## INGREDIENTS

2-person | 4-person

• Ground Lamb	250 g   500 g
• Broccoli, florets	227 g   454 g
• Thyme	10 g   10 g
• Yellow Potato	340 g   680 g
• Cumin-Turmeric Spice Blend 6	2 tsp   4 tsp
• Roma Tomato	160 g   320 g
• Garlic	10 g   20 g
• Balsamic Vinegar 9	2 tbsp   4 tbsp
• Red Onion, chopped	56 g   113 g

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

0 Seafood/Fruit de Mer	6 Mustard/Moutarde
1 Wheat/Blé	7 Peanut/Cacahuète
2 Milk/Lait	8 Sesame/Sésame
3 Egg/Oeuf	9 Sulphites/Sulfites
4 Soy/Soja	10 Crustacean/Crustacé
5 Tree Nut/Noix	11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 71°C/160°F.



## START STRONG

Preheat the oven to **450°F** (to roast potatoes and broccoli). Start prepping when the oven comes up to temperature!



**1 ROAST POTATOES** Wash and dry all produce.\* Mince or grate **garlic**. Strip **1 tbsp thyme leaves** from the stems (dbl for 4 ppl). Cut the **potatoes** into ½ inch cubes. On a baking sheet, toss the **potatoes** with **1 tbsp oil** (dbl for 4 ppl), **¼ tsp spice blend** (dbl for 4 ppl) and **half the thyme**. Bake in the middle of the oven until golden brown and crisp, 20-22 min.



**4 MAKE RELISH** Meanwhile, heat a medium pot over medium-high heat. Add **1 tbsp oil** (dbl for 4 ppl), then the **onions**. Cook, stirring occasionally, until softened, 2-3 min. Add the **tomatoes**, **1 tbsp vinegar** (dbl for 4 ppl) and **2 tsp sugar** (dbl for 4 ppl). Cook until the **tomatoes** break down and the **sauce** is thick, 6-8 min. Season with **salt and pepper**. (**TIP:** Gently use a fork to help break down the tomatoes.)



**2 PREP** Meanwhile, cut the **tomatoes** into ¼-inch pieces. Cut the **broccoli** into bite-size pieces. On another baking sheet, toss **broccoli** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt and pepper**. Roast in the top of the oven, until golden-brown, 12-14 min.



**5 COOK LAMB STEAKS** Meanwhile, heat a large non-stick pan over medium heat. When the pan is hot, add **½ tbsp oil**, then the **lamb steaks**. Pan-fry until the **steaks** are golden-brown and cooked through, 3-5 min per side. (**TIP:** Cook to a minimum internal temp. of 71°C/160°F.\*\*) (**NOTE:** Cook in 2 batches for 4 ppl, using ½ tbsp oil per batch.)



**3 MAKE CHOPPED STEAKS** Meanwhile, in a medium bowl, combine the **lamb**, **garlic**, **remaining thyme**, **remaining spice blend** and **¼ tsp salt** (dbl for 4 ppl). Season with **pepper**. Form the **lamb mixture** into **two** 5-inch wide, ½-inch thick oval **steaks** (4 steaks for 4 ppl). Set aside.



**6 FINISH AND SERVE** Divide the **lamb steaks**, **potatoes** and **broccoli** between plates. Dollop the **relish** over the **lamb steaks**.

## MAKE IT AGAIN

Recreate this meal and impress with this crowd-pleasing lamb dinner!