



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Dirty Clean Food

Dirty Clean Food source a variety of grass-fed and finished lambs from their WA farming partners. These farms tick all the ethical boxes – grass-fed and self-shedding, meaning a low-stress life.





G4

## Rosemary Lamb

### with Fennel Seed Roasted Vegetables

Beautiful lamb, flavoured with dried rosemary, served with fennel seed roasted vegetables and a honey dressing.

 30 minutes

 4 servings

 Lamb

15 April 2022

## Add to it!

*Add some feta or goats' cheese to the tossed roast veg. You could also add some cooked grains or other roasted root vegetables, such as butternut pumpkin, parsnips or potatoes.*

Per serve: **PROTEIN** 37g **TOTAL FAT** 34g **CARBOHYDRATES** 18g

## FROM YOUR BOX

CARROTS	3
BEETROOTS	3
LAMB	700g
MESCLUN LEAVES	1 bag (120g)
SUNFLOWER SEEDS	1 packet (30g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary, fennel seeds, honey, red wine vinegar

## KEY UTENSILS

oven-proof frypan (see notes), oven tray

## NOTES

Substitute fennel seeds for cumin seeds, caraway seeds or a dried herb such as rosemary or oregano.

If you don't have an oven-proof frypan, you can sear your lamb in a regular frypan, then transfer to an oven dish for final cooking stage.

Cooking time for your lamb will depend on the cut you receive. If you receive the lamb leg, cook for 10 minutes in the oven after searing. If you receive the lamb shoulder, cook for 20-25 minutes in the oven after searing, or until cooked to your liking.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice carrots and wedge beetroots. Toss on a lined oven tray with **oil, 2 tsp fennel seeds (see notes), salt and pepper**. Roast for 15-18 minutes or until vegetables are tender.



### 4. TOSS THE VEGETABLES

Add roasted vegetables to a large bowl with 1/2 dressing (reserve remaining), along with mesclun leaves and sunflower seeds. Toss until well combined.



### 2. COOK THE LAMB

Heat an oven-proof frypan over medium-high heat. Coat lamb in **oil, 2 tsp dried rosemary, salt and pepper**. Add lamb to pan and cook for 2 minutes each side to sear. Transfer pan to the oven to cook (see notes for cooking time).



### 5. FINISH AND SERVE

Divide tossed vegetables among plates. Slice lamb and serve with vegetables. Drizzle reserved dressing over lamb.



### 3. MAKE THE DRESSING

In a bowl whisk together **3 tbsp olive oil, 1 tbsp vinegar, 1 1/2 tsp honey, salt and pepper**.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

