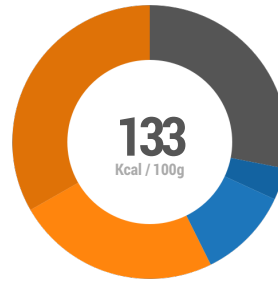


Roasted Lamb rump with dauphinoise potato, mushrooms, broad beans and red wine sauce

Overview ...

U / 9105293



CALORIES:

14.6% Carbs

28.1% Protein

57.3% Fat

Food Labelling...

Serves 1

CONTAINS:



MILK

MAY CONTAIN:



OATS, WHEAT,
BARLEY, RYE



EGGS



CELERY



MUSTARD



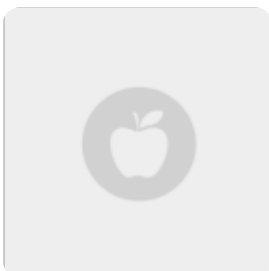
SOYA

Recipe Ingredients ...

	Quantity:	Description:
146253 - 146253 Lamb Rump Square Cut.. - BRAKES	210g	1x Each
4740 - 4740 Brakes British Roasting Parsnips (24 May 2023).. - BRAKES	50g	0.03x Each
33174 Brakes Individual Potato Gratin Dauphinoise (24 May 2023)..	120g	
119656 - 119656 Marinated & Seasoned Exotic Mushroom Mix (800g drained weight) (24 Jul 2023).. - BRAKES	15g	0.02x Each
4764 - 4764 Brakes British Broad Beans.. - BRAKES	15g	0.01x Each
35607 Knorr Garde d'Or Red Wine Sauce 1L..	50g	
10428 Baby Leaf Spinach..	60g	

Products / Pack Sizes ...

1 Serving



Product code

Barcode

520g / 703kcal

1

Preparation:

Defrost and shell the broad beans

Method:

1. In a pan over a medium heat seal the lamb fat side down - transfer to an oven @175oC for 15 mins along with the dauphinoise.
2. Add the parsnips after 5 mins - once the lamb is cooked remove and rest.
3. In a pan warm the sauce with the broad beans and wild mushrooms.
4. In another pan quickly wilt and season the spinach.
5. Add the dauphinoise to the centre of plate alongside the parsnips , spoon on the spinach.
6. Carve the lamb and arrange onto the spinach.
7. Spoon over the sauce to finish - serve!