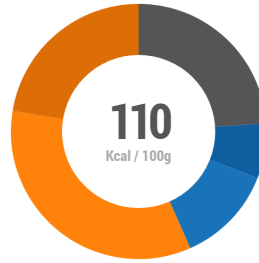


Herb Crusted Lamb Rack

Parsley and chive coated rack of lamb served with leeks, tomato, crushed peas, olives and crispy fried onions

OVERVIEW ...



CALORIES:

19.4% Carbs

24% Protein

56.6% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT



MUSTARD



SULPHITES

MAY CONTAIN:



CELERY

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

27640 Colman's Dijon Mustard 2.25L.. - BRAKES

DIJON MUSTARD 2.25L

BRAKES **10g**

unchanged

127293 Chef William Crispy Fried Onions..

CRISPY FRIED ONIONS

BRAKES **5g**

N/A

33889 Olive Oil.. - BRAKES

OLIVE OIL BRAKES

BRAKES **5g**



Unchanged
(used as raw in...

113881 Herb Bunched Flat Leaf Parsley (19 Oct 2023)..

PARSLEY FRESH DIRECT

BRAKES **5g**

N/A

113880 Premium Large Chives Bunch (19 Oct 2023)..

CHIVES

BRAKES **5g**

N/A

10357 Plum Tomatoes (19 Oct 2023)..

TOMATOES

BRAKES **100g**



Cooked with fa...




10567 Banana Shallots (19 Oct 2023)..

SHALLOTS

BRAKES **50g**



Cooked with fa...

74831 Mixed Micro-Greens.. MIXED MICRO-GREENS	BRAKES	2g	Each	N/A
113879 Herb Bunched Basil (19 Oct 2023).. PREMIUM LARGE BASIL BUNCH FRESH DIRECT	BRAKES	2g		N/A
71559 British Red Tractor Lamb Racks (French trimmed).. - BRAKES LAMB	BRAKES	185g	0.5x Each	 Baked or roast...
4599 Brakes Essentials Garden Peas.. - BRAKES GARDEN PEAS	BRAKES	100g		 Boiled
450100 Baby Leeks (19 Oct 2023).. BABY LEEKS	BRAKES	80g	0.4x Each	unchanged
152056 Unearthed Professional Pitted Black Olives.. - BRAKES  152056 PITTED BLACK OLIVES	BRAKES	10g	0.01 x Each	unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 559g / 634kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

- Roughly chop parsley
- Finely chop chives
- Defrost peas
- Blanch tomatoes and remove skin
- Wash & trim leeks - chargrill / set aside
- Peel shallots & cut in half lengthways

Method:

1. Pre-heat the oven to 180°C
2. In a pan of boiling water add the peas for 1 min then drain
3. Blend the peas together with a little of the water and season - spread onto a tray and chill
4. Cut the tomato in half, gently removing the seeds - keep one half whole and finely dice the other half
5. Finely dice one half of the shallot and mix with the chopped tomato
6. In a pan over a medium heat add 5ml veg oil and seal the lamb, caramelising on each side
7. Now place the other shallot half in with the lamb pan and cook in the oven for approx. 15 mins
8. Allow the lamb to rest well
9. Gently warm the leek in a small pan with half the olive oil
10. In another pan add the basil, finely diced tomato and shallots, add the olive oil and olives and warm gently

11. Brush the lamb with the Dijon mustard and roll in the chopped chives and parsley - carve

12. Warm the pea puree, add to your chosen plate along with the lamb, leeks, caramelised shallot and tomato mix, and crispy onions - serve!