



Oven Roasted Lamb & Gremolata With Chickpea, Capsicum & Herb Salad

CHEF'S NOTES

Seasoning: Should you require additional seasoning, simply add salt and pepper to your desired taste.

COOKING INSTRUCTIONS

1. Pre-heat oven to 200C. Place the **marinated lamb** in a non-stick baking dish and roast for 15 minutes. Remove from oven and rest for 2 minutes.
2. Place the cooked lamb on a chopping board and slice to resemble the photo.
3. Place a portion of **chickpea salad** on a plate, arrange with slices of lamb, top with a dollop of **gremolata** and enjoy (see chef's notes for seasoning).

HOME KITCHEN ITEMS

Ingredients Required

Salt and pepper

Utensils Required

Oven pre-heated to 200C

Non-stick baking dish

Chopping board

Sharp knife

Tongs

WHAT WE SEND

Marinated Lamb

Chickpea Salad

Gremolata

WHAT CHEF'S PREPARED

MARINATED LAMB CONTAINS:

Lamb

Olive oil

Vegetable oil

Salt

CHICKPEA SALAD CONTAINS:

Cooked chickpeas

Cooked quinoa

Roast capsicum

Baby rocket

Olive oil

Vegetable oil

Lemon juice

Salt and pepper

Dijon mustard

Whole egg mayo

GREMOLATA CONTAINS:

Minced garlic

Chopped parsley

Salt and pepper

Lemon juice

NUTRITION PER SERVE

Energy: 2,621kJ

Calories: 627kcal

Protein: 44.8g

Total Fat: 42g

Saturates: 13.8g

Total Carbs: 23.25g

Sugars: 5.1g

Dietary Fibre: 7g

Sodium: 537mg

KITCHEN TIME

HANDS ON PREP

2-3 MINS

COOKING TIME

15-16 MINS

TOTAL KITCHEN TIME

19-20 MINS