

Lamb, Greens & Pea Feta Smash

This is one of our favourite dinner meals – fantastic for a quick, tasty and satisfying dinner on a busy day. We guarantee you’ll keep coming back to it! For the greens we love using asparagus when it’s in season, otherwise green beans or broccolini (or a combination) also work nicely.

Serves	4	Per serve	
Prep time	15 minutes	Carbs	7.4 g
Cook time	10 minutes	Protein	39.8 g
Difficulty	●●●	Fat	34.6 g
		Energy	508 Cal

INGREDIENTS

For the lamb steaks:
2 tsp olive oil
500–750 g lamb leg or rump steaks
1 tsp butter
1–2 cloves garlic, peeled and roughly chopped

For the greens:
1–2 bunches (250–500 g) seasonal green vegetables
small bunch of parsley stalks and leaves, roughly chopped

For the smash:
2 cups frozen peas
2 tsp extra virgin olive oil
100 g feta
1 tomato, diced 1 cm
8–10 fresh mint leaves, roughly chopped

METHOD

Season the lamb with salt and freshly ground black pepper on both sides. Heat the oil in a frying pan over a high heat, add the lamb steaks and cook for 2–3 minutes. Flip the steaks over and reduce the heat to low. Add the butter and garlic to the pan, and continue to cook for 2–3 minutes. Remove the lamb steaks from the pan, cover and set aside to rest.

To the same pan – containing all the delicious garlic and lamb juices – add the seasonal green vegetables and cook over a medium-high heat for 3–4 minutes, stirring occasionally, until tender but still with a slight crunch.

While the greens are cooking, make the pea feta smash. Place the peas in a microwave-safe bowl with a little water. Microwave on high for 3–4 minutes, then drain. Alternatively, boil a kettle while the lamb is cooking, then add the peas and boiling water to a small pot, bring to the boil and simmer for 1–2 minutes before draining.

Smash the peas with a masher, then stir through the oil, feta, tomato and mint. Alternatively, place all the ingredients in a blender and pulse until combined but still a bit chunky. Season to taste with salt and freshly ground black pepper.

To serve, spoon the smash onto plates and top with the lamb steaks. Add the parsley to the seasonal green vegetables, toss to combine and serve alongside the lamb and smash stack. Drizzle over any pan juices.

