

KETO COFFEE CRUSTED LAMB WITH BLUEBERRIES



SAVEUR PRODUCT USED

BE THE CHANGE COFFEE RUB, SEASONED SALT,
GUACAMOLE MIX

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

2 tbsp. *Saveur Be The Change Coffee Rub*

1 clove garlic

1 tsp. *Saveur Seasoned Salt*

500g lamb, diced into 2cm cubes

2 tbsp. ghee/olive oil

PREPARATION INGREDIENTS

500g pumpkin, diced

1 tbsp. *Saveur Guacamole Mix*

¼ cup brown/yellow onion, chopped

1 garlic clove, minced

½ cup balsamic vinegar

1 cup vegetable broth/stock

½ tsp. *Saveur Seasoned Salt*

2 tbsp. butter

¼ cup basil, chopped

METHOD

BAG 1 - Mix oil garlic, salt and coffee mix together. Add lamb to large zip-top bag. Pour in spice mix and 1 tbsp. ghee/oil and rub well into meat. Seal and remove excess air to prevent freezer burn.

Place into large bag. Label, date and place into freezer until ready to use.

COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

In a pot of hot water, boil pumpkin until tender and drain. Add 1 tbsp butter and mash until smooth. Add Seasoned Salt and Guacamole Mix and stir. Place lid on to keep warm. Place pan on stovetop and heat till medium. Add lamb and sear all over, approx. 3 minutes for medium rare, or to your liking. Remove from pan and set aside. Keep warm.

In a large saucepan over medium heat, add butter. Once hot, add onions and sauté for 2 minutes or until glossy. Add the garlic and sauté for another 30 seconds. Place the blueberries in the pan and cook, stirring often, for 3 minutes. Add balsamic vinegar to the pan and bring to a boil. Continue boiling until almost completely reduced, around 5 minutes. Add the vegetable stock with salt and pepper and bring the sauce to a boil. Add the chopped basil and reduce the heat to a simmer for 5 minutes. Take the sauce off the stove, add the remaining butter to the pan and stir to dissolve.

Serve lamb on bed of pumpkin mash, topped with blueberry reduction.

