

REV90 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 ½ cm cubes

PREPARATION INGREDIENTS

3 large parsnips

1 tbsp. *Saveur Guacamole Mix*

¼ cup brown/yellow onion, chopped

1 garlic clove, minced

1 cup fresh blueberries

½ cup apple cider vinegar

1 cup vegetable broth

½ tsp salt

Basil, chopped

METHOD

BAG 1 - Mix garlic, salt and coffee mix together. Add lamb to large zip-top bag. Pour in spice mix and rub well into meat. Seal and remove excess air to prevent freezer burn. 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 parsnips until tender and drain almost all liquid. Retain enough liquid to mash. Mash until smooth and add Seasoned Salt and Guacamole Mix. Stir. Place lid on pot and keep warm.

Add lamb and sear all over, approx. 3 minutes, until med rare or to your liking. Remove from pan and set aside. Keep warm.

In a large saucepan over medium heat, add the onions and sauté for 2 minutes 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 apple cider 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 chopped basil and reduce the heat to a simmer for 5 minutes.

Serve lamb on bed of parsnip mash topped with blueberry reduction.

