

WELLNESS 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

1 lb./500g parsnip

1 tbsp. *Saveur* Guacamole Mix

¼ cup brown/yellow onion, chopped

1 garlic clove, minced

1 cup fresh blueberries

½ cup balsamic vinegar

1 cup vegetable broth

½ tsp. salt

2 tbsp. butter

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. 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 parsnip until tender and drain. Add butter and mash until smooth. Add Seasoned Salt and Guacamole Mix, then stir. Place lid on and keep warm. Add extra olive oil to pan over medium heat until oil is hot. 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 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 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 butter to the pan and stir to dissolve.

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

