

# Tuscan Lamb Steaks

*with Grilled Snap Peas, Rocket and Parmesan*



15 min



4 portions



415 cal



Easy

This delicious 15-minute recipe is packed with time-saving, ready-to-go ingredients that make cooking even easier! You'll love this fresh, flavoursome and fast dish.

## Ingredients

50g parmesan	Olive oil
200g sugar snap peas	1 tbs extra virgin olive oil
10g Tuscan seasoning	2 tsp balsamic vinegar 1
2 x lamb steaks	tsp dijon mustard
100g rocket leaves	2 zucchini

**Allergens:** Milk, Sulphites. May contain traces of other allergens.





### 1. Chargrill zucchini

Heat a large chargrill pan over high heat until hot. Cut each zucchini into eight wedges lengthwise. Generously drizzle with olive oil and season with salt and pepper. Cook the zucchini, turning occasionally, for 4 mins or until charred and tender. Remove from the pan, reserving the pan.



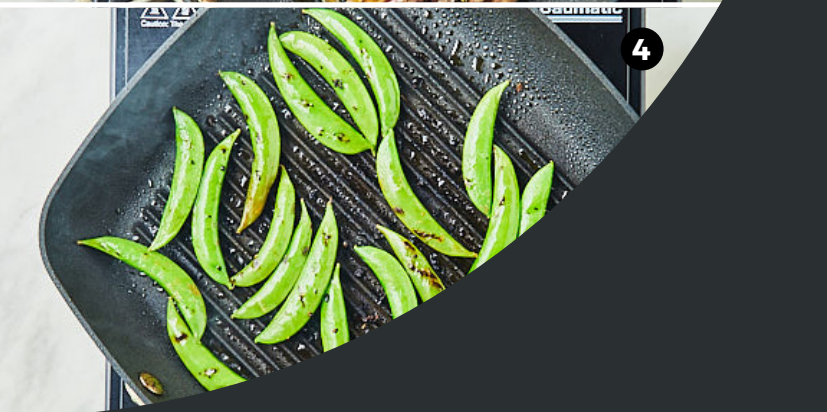
### 2. Make dressing

Meanwhile, whisk 1 tbs extra virgin olive oil, 2 tsp balsamic vinegar and 1 tsp Dijon mustard in a bowl and season with salt and pepper. Shave the parmesan into flakes with a vegetable peeler. Trim the stems from the sugar snap peas, removing the strings from one side.



### 3. Chargrill lamb steaks

Heat the reserved pan over high heat until hot. Put the Tuscan seasoning and a generous drizzle of olive oil in a large bowl. Add the lamb steaks and turn to coat. Reduce the heat to medium-high and cook the steaks for 2-3 mins each side for medium-rare, or until cooked to your liking. Remove from the pan and rest for 3 mins.



### 4. Cook sugar peas

While the lamb is resting, cook the sugar snap peas in the same pan, turning halfway, for 2 mins or until just tender. Remove from the pan. Slice the lamb. Divide the rocket, zucchini, sugar snap peas and lamb among plates. Drizzle with the dressing. Scatter with the parmesan to serve.