



# Maple Mustard-Glazed Lamb Chops

with Arugula Salad

40 Minutes



-  Lamb, Loin Chops  
4 | 8
-  Maple Syrup  
1 tbsp | 2 tbsp
-  Arugula and Spinach Mix  
113 g | 226 g
-  Dried Cranberries  
28 g | 56 g
-  Walnuts, chopped  
28 g | 56 g
-  White Wine Vinegar  
2 tbsp | 4 tbsp
-  Goat Cheese  
½ cup | 1 cup
-  Whole Grain Mustard  
1 tbsp | 2 tbsp
-  Chives  
7 g | 14 g
-  Ciabatta Roll  
1 | 2
-  Gala Apple  
1 | 2
-  Shallot  
1 | 2

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



### Pickle shallots

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Peel, then cut **shallot** into 1/8-inch slices.
- Add **shallots**, **half the vinegar**, **1/2 tsp** (1 tsp) **sugar**, **1/4 tsp** (1/2 tsp) **salt** and **1/4 cup** (1/2 cup) **water** to a small pot.
- Bring to a simmer over medium-high heat. Once simmering, cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove the pot from heat. Transfer **shallots**, including **pickling liquid**, to a medium bowl. Place in the fridge to cool.

4



### Sear lamb

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **lamb** dry with paper towels. Season with **salt** and **pepper**.
- When hot, add **1/2 tbsp** (1 tbsp) **oil**, then **lamb**. Pan-fry until golden, 2-3 min per side. (NOTE: Sear in batches as needed. Lamb will finish cooking in the next step.)

2



### Make croutons and toast

- Meanwhile, cut **ciabatta** into 1-inch pieces, then arrange on one side of a parchment-lined baking sheet. Drizzle **1/2 tbsp** (1 tbsp) **oil** over top. Season with **salt** and **pepper**, then toss to coat.
- Add **walnuts** to the other side of the baking sheet.
- Toast in the **top** of the oven, tossing **croutons** halfway through, until lightly golden, 4-6 min. (TIP: Keep an eye on croutons and walnuts so they don't burn!)

5



### Finish lamb and make salad

- Transfer **lamb** to another parchment-lined baking sheet.
- Spoon **maple-mustard glaze** on to tops of **lamb chops**. Roast in the **top** of the oven until **lamb** is cooked through, 6-8 min.\*\*
- Add **chives**, **remaining vinegar**, **remaining mustard**, **1/4 tsp** (1/2 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **apples**, **cranberries**, **arugula** and **spinach mix** and **croutons**, then toss to combine.

3



### Prep

- Meanwhile, finely chop **chives**.
- Stir together **half the mustard** and **half the maple syrup** (use all for 4 ppl) in a small bowl. Set aside.
- Cut 4 sections of **apple**, avoiding the core, then cut **apple sections** into 1/4-inch slices.

6



### Finish and serve

- Drain **shallots** and discard pickling liquid.
- Divide **lamb chops** and **salad** between plates.
- Top **salad** with **pickled shallots** and **walnuts**.
- Crumble **goat cheese** over top.

\*\* Cook to a minimum internal temperature of 63°C/145°F for medium-rare; chop size will affect doneness.