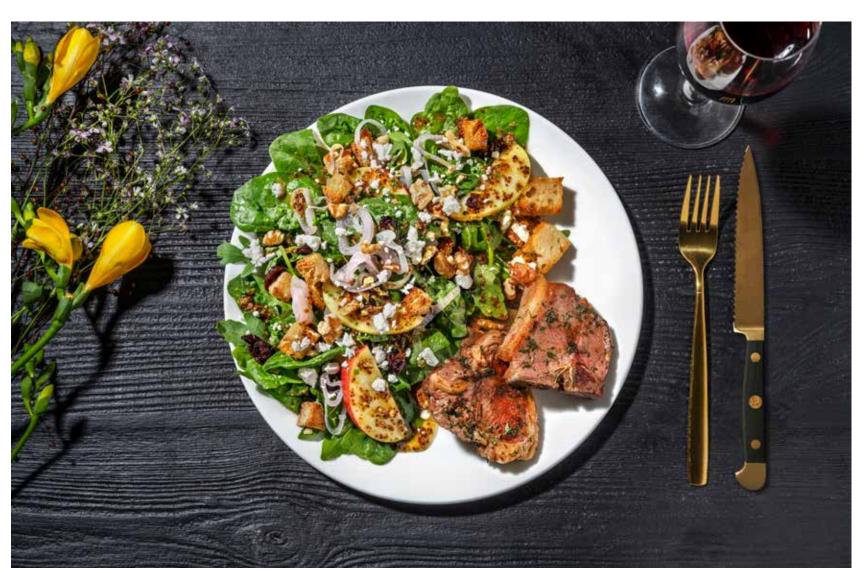


Maple Mustard-Glazed Lamb Chops

with Arugula Salad

40 Minutes





Lamb, Loin Chops





1 tbsp | 2 tbsp



Arugula and



Spinach Mix 113 g | 226 g





Walnuts,



chopped 28 g | 56 g





Goat Cheese ½ cup | 1 cup



Mustard 1 tbsp | 2 tbsp



Chives 7 g | 14 g



1 | 2



Gala Apple 1 | 2



Shallot 1 | 2

Allengens 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. Cooking utensils | 2 baking sheets, large bowl, large non-stick pan, measuring cups, measuring spoons, medium bowl, paper towels, parchment paper, small bowl, small pot, whisk



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, ½ tsp (1 tsp) sugar, ¼ tsp (½ tsp) salt and ¼ cup (½ 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.



Make croutons and toast walnuts

- Meanwhile, cut ciabatta into 1-inch pieces, then arrange on one side of a parchmentlined baking sheet. Drizzle ½ 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!)



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 ¼-inch slices.



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 ½ tbsp (1 tbsp) oil, then lamb. Pan-fry until golden, 2-3 min per side.
 (NOTE: Lamb will finish cooking in the next step.)



Finish lamb and make salad

- Transfer lamb to another parchment-lined baking sheet.
- Spoon maple-mustard glaze over 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, ¼ tsp (½ tsp) sugar and 2 tbsp (4 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.



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.

