

Minted Crumbed Lamb Steak with Herbed Mash and Zucchini

Serves: 1

Prep time: 10 Minutes

Cooking time: 10 Minutes

Ingredients:

- 1 large potato, cooked and mashed
- 1-2 teaspoons of cream
- 1 teaspoon chopped chives
- 1 teaspoon chopped parsley
- 1 thick (120g-150g) lamb steak
- ¼ cup Panko breadcrumbs
- 1 tablespoon butter
- 2 teaspoons chopped, mint
- 1 beaten, egg
- ½ zucchini, sliced length ways
- Salt & Pepper to taste
- Sour cream ***optional**



*Spring Lamb in Australia
is hard to beat*

Method:

- Cook and mash potato, gradually add cream, whip till smooth and creamy
- Add chives and parsley, stir through
- Mix the mint and breadcrumbs together and place on flat plate
- Meanwhile pound the steak slightly with meat mallet
- Coat the steak in beaten egg and then into minted breadcrumbs
- Double dip the steak if enough egg mixture and crumbs remain
- Heat frypan over medium to high heat, add butter, when melted add the steak
- Cook the steak on both sides for 2-3 minutes or until golden brown and cooked to liking
- Cook the zucchini in the same pan at same time, in the melted butter, char grill till cooked
- **Steak served here with herbed mash, charred zucchini and topped with *sour cream**