



Maple Mustard-Glazed Lamb Chops

with Arugula Salad

Special Plus 40 Minutes



Lamb, Loin Chops



Maple Syrup



Arugula and Spinach Mix



Dried Cranberries



Walnuts, chopped



White Wine Vinegar



Goat Cheese



Whole Grain Mustard



Thyme



Ciabatta Roll



Nectarine



Shallot

HELLO MAPLE SYRUP

Maple syrup highlights the natural sweetness of lamb!

Start here

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

Bust out

2 Baking sheets, medium bowl, measuring spoons, large bowl, parchment paper, small pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Lamb, Loin Chops	4	8
Maple Syrup	1 tbsp	2 tbsp
Arugula and Spinach Mix	113 g	227 g
Dried Cranberries	¼ cup	½ cup
Walnuts, chopped	28 g	56 g
White Wine Vinegar	2 tbsp	4 tbsp
Goat Cheese	56 g	113 g
Whole Grain Mustard	1 tbsp	2 tbsp
Thyme	7 g	14 g
Ciabatta Roll	1	2
Nectarine	1	2
Shallot	50 g	100 g
Sugar*	¾ tsp	1 ½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.

Contact

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Pickle shallots

Peel, then cut **shallot** into 1/8-inch slices. Add **shallots, half the vinegar, ½ tsp sugar, ¼ tsp salt** and **¼ cup water** (dbl all for 4 ppl) 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.



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, pepper** and **thyme**. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **lamb**. Pan-fry until golden, 2-3 min per side.



Make croutons and toast walnuts

Meanwhile, cut **ciabatta** into 1-inch pieces, then arrange on one side of a parchment-lined 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** half way through, until lightly golden, 6-8 min. (**TIP:** Keep an eye on croutons and walnuts so they don't burn!)



Finish lamb

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.**



Prep

Meanwhile, strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems, then finely chop. Stir together **half the mustard** and **half the maple syrup** (use all for 4 ppl) in a small bowl. Set aside. Cut four sections off **nectarine**, avoiding the pit. Cut **nectarine** sections into 1/4-inch slices.



Finish and serve

Add **remaining vinegar, remaining mustard, ¼ tsp sugar** and **2 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Add **nectarines, cranberries, arugula and spinach mix** and **croutons**. Toss to combine. 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.

Dinner Solved!