



Lamb & Spicy Sweet Potatoes

with Lime Yogurt



30-40min



2 Servings

The combination of tender sweet potatoes and Greek yogurt is so delicious you'll never want to eat your roasted vegetables any other way. Scallions get cooked whole with the steaks and take on the rich flavors of lamb. Remember to smear the plates with yogurt before topping with vegetables and lamb so you get some creamy and tangy goodness in every bite. Cook, relax, and enjoy!

What we send

- cilantro
- crushed red pepper
- lamb steak
- scallions
- sweet potatoes
- limes

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- large skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 665.0kcal, Fat 22.4g, Proteins 46.9g, Carbs 61.0g



1. Prep vegetables

Preheat oven to 425°F with racks in upper and lower thirds. Cut sweet potato lengthwise into ½-inch wedges.



2. Roast vegetables

Toss sweet potatoes on a rimmed baking sheet with crushed red pepper and 2 tablespoons oil; season with salt. Roast sweet potato until golden and tender, 25-30 minutes.



3. Season yogurt

Remove any large stems from cilantro. Chop cilantro and mix with yogurt in a small bowl. Zest 1 lime and add to bowl, along with juice of both limes; season to taste with salt and pepper.



4. Sear steak

Meanwhile, heat 1 tablespoon oil in a large skillet over high. Season steak with salt and pepper and add to pan. Cook until a deep crust has formed, about 3 minutes.



5. Finish steak and scallion

Flip and add scallions, turning to coat in fat, and continue to cook until steak is deeply browned and scallions are charred and tender, about 3 minutes more.



6. Serve

Smear some sauce on plates and top with steak, sweet potatoes, and scallions. Serve remaining sauce on the side. Enjoy!