

## **Lamb steaks with tarragon : a healthy eating recipe / Tesco.**

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## Lamb Steaks with Tarragon

### INGREDIENTS

4 Healthy Eating Lamb Steaks  
(or Lean Lamb Steaks trimmed of excess fat)

Salt and Ground Black Pepper

Flour for dusting

1 tbsp (1 x 15 ml sp) Vegetable Oil

1 Onion, finely chopped

2 tbsp (2 x 15 ml sp) finely chopped fresh Tarragon  
(or 2 tsp (2 x 5 ml sp) dried Tarragon)

2 tbsp (2 x 15 ml sp) Tarragon Vinegar  
(or White Wine Vinegar)

$\frac{1}{4}$  pt (150 ml) Lamb or Vegetable Stock  
Tarragon Sprigs, to garnish

A HEALTHY EATING RECIPE

TESCO

Healthy Eating

# Lamb Steaks with Tarragon

## METHOD

Serves 4

COOKING TIME  
25 MINUTES

### WINE SUGGESTION

Serve with a glass (1.5 units of alcohol) of Tesco Bairrada, a rich, spicy, full bodied red wine with ripe, raspberry fruit flavours.

*In moderation, alcohol can be part of a healthy diet.*

- 1 Season the meat with salt and pepper and dust with flour.
- 2 Heat  $\frac{1}{2}$  tbsp ( $\frac{1}{2} \times 15$  ml sp) of oil in a heavy based frying pan. Quickly brown the steaks over a high heat for 2 minutes each side. Remove from the pan and lower the heat.
- 3 Heat the remaining oil and add the onion. Gently fry for 5 minutes until soft.
- 4 Add the tarragon and vinegar, and cook over a high heat for 1 minute stirring in any juices from the bottom of the pan.
- 5 Return the steaks to the pan and pour over the stock. Cover and cook over a low heat for 10 minutes. Uncover and simmer for another 5 minutes until the sauce has thickened and reduced. Season to taste. Garnish with tarragon sprigs.
- 6 Serve with boiled new potatoes and steamed carrot and courgette ribbons.

## NUTRITION INFORMATION PER SERVING

Energy	Fat	Protein	Carbohydrate	Fibre
490 Calories (kcal)	15 g	27g	28 g	4 g

All lines subject to availability at Tesco