



In your box

- 1 French Roll
- 2 Garlic Cloves
- 8 oz. Green Beans
- 1 Rosemary Sprig
- 20 oz. Lamb Loin Chops
- 4 fl. oz. Whole Milk
- 2 fl. oz. Liquid Egg
- ½ oz. Grated Parmesan Cheese
- 2 tsp. Beef Demi-Glace
- .6 oz. Butter

CONTAINS milk, eggs, wheat, soy



Premium

Lamb Chops with Parmesan Stuffing with rosemary demi-glace

NUTRITION per serving—Calories: 864, Carbohydrates: 24g, Fat: 68g, Protein: 41g, Sodium: 1263mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
6 days

Difficulty Level ● ● ○
Intermediate

Spice Level ○ ○ ○ ○
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Small Oven-Safe Casserole Dish,
Medium Non-Stick Pan, Mixing Bowl

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Prepare a small casserole dish with cooking spray



1

Prepare the Ingredients

- Cut **French roll** into ½” dice.
- Mince **garlic**.
- Trim ends off **green beans**.
- Stem and mince **rosemary**.
- Pat **lamb chops** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat. Add 1 tsp. **olive oil** and roll pieces to hot pan. Stir occasionally until toasted, 3-4 minutes. Transfer to a mixing bowl.
- Reserve pan; no need to wipe clean.



2

Bake the Parmesan Stuffing

- To mixing bowl containing **roll pieces**, add **milk, liquid egg, garlic, Parmesan**, ¼ tsp. **salt**, and a pinch of **pepper**. Toss to combine, then press mixture down slightly so that roll pieces soak up liquid.
- Transfer to prepared casserole dish. *For best results, use a 6” dish. You may also use a cast iron skillet.* Cover with foil and bake 10 minutes.
- Remove foil and bake until set and golden brown, 8-10 minutes.
- While Parmesan stuffing bakes, sear lamb chops.



3

Sear the Lamb Chops

- Return pan used to toast bread pieces to medium-high heat. Add 2 tsp. **olive oil** and **lamb chops** to hot pan. Cook until browned, 2-3 minutes per side.
- Transfer to one half of prepared baking sheet. *Lamb will finish cooking in a later step.*
- Wipe pan clean and reserve.



4

Roast the Green Beans and Lamb Chops

- On other half of baking sheet, toss **green beans** with 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer. Roast until green beans are tender and **lamb chops** reach a minimum internal temperature of 145 degrees, 6-10 minutes.
- While green beans and lamb roast, make rosemary demi-glace.



5

Make the Rosemary Demi-Glace

- Add ½ cup **water, demi-glace**, and **rosemary** to pan used to sear lamb.
- Bring to a boil over medium-high heat. Cook until slightly thickened, 1-2 minutes.
- Remove from burner and swirl in **butter**.
- Plate dish as pictured on front of card. Bon appétit!