



Rosemary Lamb Steak and Fondant Potatoes

with Mint Creamed Greens and Red Wine Jus

33

Gastropub 40-45 Minutes • 1 of your 5 a day



Lamb Steaks



Potatoes



Garlic Clove



Chicken Stock Paste



Mint



Dried Rosemary



Red Wine Jus Paste



Creme Fraiche



Peas



Baby Spinach



Parmigiano Reggiano

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, frying pan, measuring jug, ovenproof dish, saucepan and aluminum foil.

Ingredients

Ingredients	2P	3P	4P
Lamb Steaks**	2	3	4
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Chicken Stock Paste	10g	15g	20g
Mint**	1 bunch	1½ bunches	2 bunches
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Red Wine Jus Paste 10 14	22g	30g	44g
Creme Fraiche** 7	75g	120g	150g
Peas**	120g	180g	240g
Baby Spinach**	100g	150g	200g
Parmigiano Reggiano** 7	20g	30g	40g
Pantry	2P	3P	4P
Butter*	30g	40g	60g
Boiled Water for the Stock*	250ml	375ml	500ml
Water for the Jus*	225ml	300ml	450ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3076 /735	394 /94
Fat (g)	38.5	4.9
Sat. Fat (g)	21.8	2.8
Carbohydrate (g)	59.8	7.7
Sugars (g)	8.8	1.1
Protein (g)	41.2	5.3
Salt (g)	2.72	0.35

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **10)** Celery **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Start your Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.
Boil a half-full kettle.

Remove the **lamb steaks** from your fridge to allow them to come up to room temperature.

Peel and halve the **potatoes** lengthways. Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay in the **potatoes**, cut-side down, and cook until browned, 4-5 mins. Add the **butter** (see pantry for amount), then turn the **potatoes** over to brown the other side, 2-3 mins.



Make your Red Wine Jus

Whilst the **steaks** are frying, pour the **water for the jus** (see pantry for amount) into a small saucepan, bring to the boil on high heat.

Stir in the **red wine jus paste**, then reduce the heat to medium-high. **TIP: If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.**

Leave the **sauce** to bubble and thicken, stirring regularly, 6-7 mins.

Once the **steaks** are cooked, transfer to a board, cover with foil and allow to rest until ready to serve.



Fondant Time

Meanwhile, pour the **boiled water for the stock** (see pantry for amount) into a measuring jug with the **chicken stock paste** and **half the garlic**. Stir to combine.

Once browned, transfer the **potatoes** to an ovenproof dish, cut-side up, pouring over the **butter** from the pan.

Pour in the **chicken stock** from your measuring jug. Season with **salt** and **pepper**. **TIP: The potatoes should fit snugly in the dish and the stock should cover the potatoes by three quarters - add a splash more water if needed.**

When the oven is hot, cook on the top shelf until the **potatoes** are tender and you can easily slip a knife through, 25-30 mins.



Cream those Greens

Heat a drizzle of **oil** in the (now empty) frying pan on medium heat (no need to clean).

Once hot, add the remaining **garlic** and fry for 1 min, then stir in the **creme fraiche** and bring to the boil. Season with **salt** and **pepper**.

Add the **peas** and **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Stir in the **Parmigiano Reggiano** and **mint**. Taste and season with **salt** and **pepper**.



Fry the Lamb

Meanwhile, pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

When the **potatoes** are about halfway through cooking, wipe out the (now empty) frying pan and pop it back on high heat with a drizzle of **oil**.

Season the **lamb** with **salt** and **pepper**. Rub with the **dried rosemary**. **TIP: Lamb steaks naturally vary in shape, so adjust the following timings depending on how you like yours cooked.**

Once hot, lay the **steaks** into the pan and fry until browned and medium-rare, 8-10 mins total. Turn every 2 mins. **TIP: Cook each side for 1-2 min more if you like it more well done. IMPORTANT: Wash your hands and equipment after handling raw meat. The lamb is safe to eat when browned on the outside.**



Serve Up

When everything's ready, slice your **rosemary lamb steaks** widthways into 2cm thick slices, then share between your plates.

Serve the **fondant potatoes** (discarding the stock they were cooked in) and **creamed greens** alongside.

Pour the **red wine jus** over the **lamb** to finish.

Enjoy!