



Pan-Seared Lamb Steak and Salsa Verde

with Rosemary Roast Potatoes, Honeyed Carrots and Tenderstem®

29

Premium 40-45 Minutes • Mild Spice • 2 of your 5 a day



Lamb Steaks



Potatoes



Dried Rosemary



Carrot



Honey



Mint



Capers



Lemon



Dijon Mustard



Tenderstem® Broccoli

Pantry Items

Oil, Salt, Pepper, Plain Flour, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, baking tray, saucepan, colander, bowl and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Lamb Steaks**	2	3	4
Potatoes	450g	700g	900g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Carrot**	3	4	6
Honey	7g	11g	15g
Mint**	1 bunch	1 bunch	1 bunch
Capers	15g	30g	30g
Lemon**	½	1	1
Dijon Mustard 9) 14)	10g	15g	20g
Tenderstem® Broccoli**	80g	150g	150g
Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	607g	100g
Energy (kJ/kcal)	2166 /518	357 /85
Fat (g)	15.8	2.6
Sat. Fat (g)	5.2	0.9
Carbohydrate (g)	65.0	10.7
Sugars (g)	16.2	2.7
Protein (g)	32.8	5.4
Salt (g)	0.96	0.16

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

Allergens

9) Mustard 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. Be careful when adding water to hot pans while cooking.

Contact

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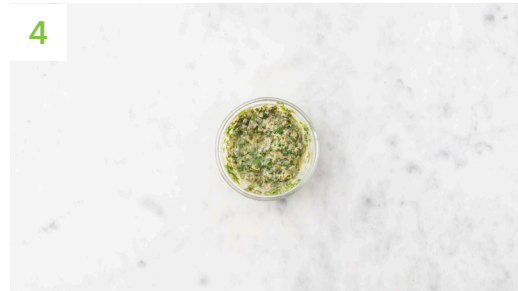
Boil the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 9. Boil a full kettle.

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

Pour enough **oil** into a deep baking tray to cover the bottom and pop into the oven. Peel and chop the **potatoes** into 3cm chunks.

Pour the **boiled water** into a large saucepan on high heat with **½ tsp salt**. Boil the **potatoes** for 5-6 mins or until the edges are soft.



Salsa Verde Time

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

In a small bowl, combine the **capers**, **mint**, **olive oil for the salsa** (see pantry for amount), **mustard** and **half the lemon juice**. Season with **salt** and **pepper**, mix well and set aside your **salsa verde**.

About 15 mins before the **potatoes** and **carrots** are ready, halve any thick **broccoli stems** lengthways.

Add the **Tenderstem® broccoli** to the tray with the **carrots**, drizzle with **oil** and season with **salt** and **pepper**. Return to the oven for the remaining time, 10-12 mins.



Time to Roast

When the **potatoes** are ready, drain in a colander and sprinkle on the **flour** (see pantry for amount) and **dried rosemary**.

Shake to fluff up the **potatoes**, then carefully add them to the hot baking tray, turning in the **oil**.

Season with **salt**, then roast on the top shelf until golden, 30-35 mins. Turn halfway through.



Sear the Lamb

Once the **broccoli** is in the oven, heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**. **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.**

Once cooked, transfer to a board, cover with foil and allow to rest for a couple of mins. **IMPORTANT: Wash your hands and equipment after handling raw meat. The lamb is safe to eat when browned on the outside.**



Bring on the Carrots

While the **potatoes** roast, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Place onto a baking tray, drizzle with **oil** and the **honey**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**

Roast until tender, 20-25 mins. Turn halfway through.



Slice and Serve

When everything's ready, slice the **lamb steaks** widthways and transfer to your plates.

Serve with the **roast potatoes**, **carrots** and **broccoli** alongside.

Spoon the **salsa verde** over the **lamb** to finish.

Enjoy!