

# **Lamb Shank and Dauphinoise Potatoes**

with Garlicky Green Beans and Red Wine Jus

PREMIUM 40 Minutes • 1 of your 5 a day











**Echalion Shallot** 





**Green Beans** 



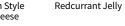


Hard Italian Style Grated Cheese





Red Wine Stock Pot



# Before you start

Our fruit, veggies and herbs need a wash before vou use them!

## Basic cooking tools, you will need:

Two Saucepans, Colander, Fine Grater (or Garlic Press), Ovenproof Dish and Frying Pan.

#### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Reserved Potato Water for Sauce*	100ml	150ml	200ml
Lamb Shank 10)**	2	3	4
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Green Beans**	1 small pack	1 large pack	2 small packs
Crème Fraîche <b>7)</b> **	150g	225g	300g
Hard Italian Style Grated Cheese 7) 8)**	1 pack	2 packs	2 packs
Redcurrant Jelly	1 pot	2 pots	2 pots
Red Wine Stock Pot <b>14</b> )	½ pot	1 pot	1 pot

<sup>\*</sup>Not Included \*\* Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	782g	100g
Energy (kJ/kcal)	4100 /980	525/125
Fat (g)	62	8
Sat. Fat (g)	34	4
Carbohydrate (g)	56	7
Sugars (g)	13	2
Protein (g)	50	6
Salt (g)	2.29	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

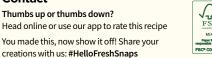
7) Milk 8) Egg 10) Celery 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

#### Contact

Thumbs up or thumbs down? Head online or use our app to rate this recipe You made this, now show it off! Share your



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

You can recycle me!



Packed in the UK



# 1. Prep the Potato

Bring a large saucepan of water to the boil with ½ tsp salt and preheat your oven to 220°C. Slice the potatoes into 1cm wide slices (no need to peel). Add them to your boiling water and simmer until tender, 8-12 mins. TIP: The potatoes are cooked when you can easily slip a knife through them. Once cooked, reserve some of the **potato** cooking water (see ingredient list for how much you need), then drain in a colander.



## 2. Start the Lamb

Meanwhile, open the pack with the lamb shanks and transfer the contents to another large saucepan. **TIP:** Make sure you scrape out all the juice and jelly from the packet - it's your sauce! Pop the pan onto a medium heat and cover with a lid or foil. Bring to a simmer and leave to bubble away for 15 mins. Meanwhile, halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Trim the green beans.



## 3. Potato Time!

When the potatoes are cooked and drained, pop your empty pan back on medium heat and add the crème fraîche, the reserved potato water, half the hard Italian style cheese and half the garlic. Stir to mix, bring to the boil, then remove from the heat and season with salt and pepper.



## 4. Finish the Gratin

Lay the cooked **potato slices** in layers in an appropriately sized ovenproof dish, then pour over the **creamy mixture**. Bang the dish carefully a couple of times on a hard surface to get any air bubbles out. Sprinkle the remaining **cheese** on top. Bake on the top shelf of your oven until golden brown and bubbly, 10-15 mins. TIP: Put the dish on a baking tray to catch any drips.



## 5. Finish the Lamb

When the lamb has been bubbling away for 15 mins, remove the lid or foil, stir in the redcurrant jelly and red wine stock pot to dissolve them both. Bring back to the boil and, use a large spoon to baste the lamb shanks with the **sauce**. Simmer the **sauce** and repeat basting every 2 mins or so for 10-15 mins. The sauce will get stickier as it reduces and make the lamb **shanks** sticky and shiny! Increase the heat if the sauce doesn't thicken.



## 6. Beans and Serve

Meanwhile, heat a drizzle of oil in a frying pan on medium high heat. Add the green beans and season with salt and pepper. Stir fry them until charred and soft, 4-5 mins, then add the shallot and remaining garlic. Stir fry until the shallot is soft, 2-3 mins. Remove from the heat. When everything is ready, serve the lamb shanks on plates with the **potato gratin** and **beans** alongside. Spoon over the sauce.

## **Enjoy!**

## There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information. Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.