



# Lamb Steak and Red Wine Jus with Dauphinoise Potatoes and Garlicky Green Beans

Premium 40 Minutes • 1 of your 5 a day

29



Lamb Steak



Green Beans



Potatoes



Red Onion



Garlic Clove



Rosemary



Creme Fraiche



Chicken Stock  
Paste



Grated Hard Italian  
Style Cheese



Red Wine Jus  
Paste

## Before you start

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

## Cooking tools

Garlic Press, Colander, Ovenproof Dish, Frying Pan with Lid and Aluminium Foil.

## Ingredients

	2P	3P	4P
Lamb Steak**	2	3	4
Green Beans**	150g	200g	300g
Potatoes**	450g	700g	900g
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Rosemary**	½ bunch	1 bunch	1 bunch
Reserved Potato Water*	75ml	100ml	150ml
Creme Fraiche** 7)	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g
Water for the Sauce*	150ml	225ml	300ml
Red Wine Jus Paste 10) 14)	15g	22g	30g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	588g	100g
Energy (kJ/kcal)	2930 / 700	499 / 119
Fat (g)	35	6
Sat. Fat (g)	21	2
Carbohydrate (g)	54	9
Sugars (g)	10	2
Protein (g)	43	7
Salt (g)	2.17	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 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, 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

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## Get Started

Preheat your oven to 200°C. Remove the **lamb steaks** from your fridge to allow them to come up to room temperature. Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**. Trim the **green beans**. Peel the **potatoes** and chop into 1cm thick rounds. Once boiling, add the **potato slices** to the **water** and simmer until just tender, 8-12 mins. **TIP: The potatoes are cooked when you can easily slip a knife through them.** Meanwhile, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). When the **potatoes** are cooked, reserve some of the **potato cooking water** (see ingredients for amount), then carefully drain into a colander.



## Stir-fry the Beans

Meanwhile, heat a drizzle of **oil** in another frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the remaining **garlic**, turn the heat down to medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins.



## Assemble the Gratin

Heat a drizzle of **oil** in a large frying pan on medium heat. Add the **garlic** and cook until fragrant, 30 secs. Then add the **creme fraiche**, **chicken stock paste**, **reserved potato water**, **rosemary** and **half the cheese**. Mix together, bring to the boil, then remove from the heat. Season to taste with **salt** and **pepper**. Lay the **cooked potato slices** in layers in an appropriately sized ovenproof dish, then pour over the **sauce**. Sprinkle the remaining **cheese** on top. Bake on the top shelf of your oven until golden brown and bubbly, 15-20 mins. **TIP: Put the dish onto a baking tray to catch any drips.**



## Sauce Time

While the **beans** cook, heat a drizzle of **oil** in the (now empty) **steak** pan on medium heat. Add the **onions** and fry until soft and sweet, 2-3 mins. Add the **water for the sauce** (see ingredients for amount) and bring to the boil, then stir in the **red wine jus paste**. Reduce the heat slightly, then bubble away until the **sauce** has reduced by half, 5-6 mins. Once glossy and thickened, remove from the heat.



## Cook the Lamb Steaks

When the **dauphinoise** has 10 mins left, wash out your frying pan and put on high heat with a drizzle of **oil**. When hot, lay the **lamb steaks** into the pan, season with **salt** and **pepper** and fry until browned all over, 8-10 mins total (for medium-rare). **TIP: Cook for 2-3 mins more if you like it more cooked.** When cooked, transfer to a plate and leave to rest, covered loosely in foil. Set the pan aside. **IMPORTANT: Wash your hands and equipment after handling raw meat. The steak is safe to eat when the outside is browned.**



## Serve Up

Slice the **lamb steaks** and share between your plates with the **dauphinoise** and **garlicky beans** served alongside. Pour over the **red wine jus** to serve.

## Enjoy!