



Lamb Steak and Red Wine Jus

with Dauphinoise Potatoes and Garlicky Green Beans

30

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



Lamb Steak



Potatoes



Green Beans



Garlic Clove



Creme Fraiche



Chicken Stock Paste



Grated Hard Italian Style Cheese



Red Wine Jus Paste

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Saucepan, garlic press, colander, frying pan, ovenproof dish, aluminium foil and lid.

Ingredients

Ingredients	2P	3P	4P
Lamb Steak**	2	3	4
Potatoes	450g	700g	900g
Green Beans**	150g	200g	300g
Garlic Clove**	2	3	4
Crème Fraîche** 7)	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Red Wine Jus Paste 10) 14)	15g	22g	30g

Pantry	2P	3P	4P
Reserved Potato Water*	75ml	100ml	150ml
Water for the Jus*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2686 /642	514 /123
Fat (g)	32.6	6.2
Sat. Fat (g)	18.7	3.6
Carbohydrate (g)	52.2	10.0
Sugars (g)	8.1	1.6
Protein (g)	39.7	7.6
Salt (g)	2.22	0.43

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

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 Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

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

Bring a large saucepan of **water** with $\frac{1}{2}$ **tsp salt** to the boil. Peel and slice the **potatoes** into 1cm thick rounds.

Once boiling, add the **potato slices** to the **water** and simmer until just tender, 8-12 mins.

Meanwhile, trim the **green beans**. Peel and grate the **garlic** (or use a garlic press).



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**, then turn the heat down to medium and cook for 1 min.

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 your Dauphinoise

Once the **potatoes** are cooked, reserve some of the **potato water** (see pantry for amount), then carefully drain into a colander.

Heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, add **half** the **garlic** and cook until fragrant, 30 secs.

Add the **crème fraîche**, **chicken stock paste**, **reserved potato water** and the **cheese**. Mix together, bring to the boil, then remove from the heat. Season to taste.

Lay the **cooked potato slices** in layers in an appropriately sized ovenproof dish, then pour over the **creamy sauce**. Bake on the top shelf of your oven until golden brown, 15-20 mins. **TIP:** Put the dish onto a baking tray to catch any drips.



Red Wine Jus Time

While the **green beans** cook, heat your (now empty) **steak** pan on medium heat.

Pour in the **water for the jus** (see pantry for amount), then bring to the boil on high heat. Stir in the **red wine jus paste**, then reduce the heat to medium-high.

Allow the **sauce** to bubble and thicken, stirring regularly, 5-6 mins, then remove from the heat.



Cook the Lamb

When the **dauphinoise** has 10 mins of cooking time left, wipe out your frying pan and put on high heat with a drizzle of **oil**.

Once hot, lay in the **lamb steaks**. Season with **salt** and **pepper** and fry until browned all over, 8-10 mins total for medium-rare. Turn every 2 mins. **TIP:** Cook for 2-3 mins extra if you like it more well done.

When cooked, transfer to a plate and leave to rest, covered loosely with foil. **IMPORTANT:** Wash your hands and equipment after handling raw steaks. They're safe to eat when browned on the outside.



Serve

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

Serve with the **dauphinoise** and **garlicky green beans** alongside.

Spoon over the **red wine jus** to finish.

Enjoy!