



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

Premium 40 Minutes • 2 of your 5 a day

N° 31



Green Beans



Potato



Red Onion



Garlic



Rosemary



Chicken Stock Powder



Creme Fraiche



Grated Hard Italian
Style Cheese



Lamb Steak



Red Wine Jus

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Garlic Press, Colander, Ovenish, Frying Pan, Aluminum Foil.

Ingredients

	2P	3P	4P
Green Beans**	150g	200g	300g
Potato**	450g	700g	900g
Red Onion**	1	1	2
Garlic	2 cloves	3 cloves	4 cloves
Rosemary**	½ bunch	1 bunch	1 bunch
Water*	75ml	100ml	150ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Creme Fraiche 7)**	150g	225g	300g
Grated Hard Italian Style Cheese 7) 8)**	40g	60g	80g
Lamb Steak**	2	3	4
Water for the Sauce*	150ml	225ml	300ml
Red Wine Jus Paste 10) 14)	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	606g	100g
Energy (kJ/kcal)	2806/671	463/111
Fat (g)	33	5
Sat. Fat (g)	16	3
Carbohydrate (g)	60	10
Sugars (g)	10	2
Protein (g)	44	7
Salt (g)	2.69	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Started

Preheat your oven to 220°C. Pop a large saucepan of **water** onto boil on a high heat with ½ tsp **salt**. Trim the **green beans**. Peel the **potatoes** and chop into ½ cm thick discs. Add to the **water** and simmer until the **potatoes** are just cooked, 8-12 mins. 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, carefully drain into a colander and allow to steam for a couple of minutes.



Green Bean Time

Meanwhile, heat a drizzle of **oil** in another frying pan on medium high heat. Add the **green beans**, season with **salt** and **pepper** and stir-fry for 2 mins then add the remaining **garlic** and cook, stirring, for 1 min. Add a splash of **water**, cover with foil and cook for 3-4 mins, until just tender.



Assemble the Dauphinoise

Once the **potatoes** are drained, lay **half** the **potato slices** in an appropriately sized ovenproof dish. Set aside. Heat a splash of **oil** in a frying pan over a medium-high heat. Add **half** the **garlic** and cook stirring for a minute. Stir in the **water** (see ingredients for amount), **stock powder**, **creme fraiche** and **rosemary**. Bring to the boil, remove from the heat and pour onto the **potatoes** in the dish. Arrange the remaining **potatoes** on top. Cover with a layer of **hard Italian style cheese**. Bake the **gratin** on the middle shelf of the oven until the **potatoes** are cooked through and top is golden, 15-20 mins.



Sauce it Up

Whilst the **beans** are cooking and the **steaks** are resting, heat a drizzle of **oil** in the now empty **steak** frying pan, on medium heat. Add the **red onions** and fry until softened and slightly caramelised, 2-3 mins. Add the **water** (see ingredients for amount) and the **red wine jus paste**. Stir to dissolve, bring to the boil then simmer for 1-2 mins. Add the **steak resting juices** and a splash more **water** to loosen if you like. Remove from the heat.



Cook the Lamb Steak

Ten mins before the **gratin** is cooked, heat a drizzle of **oil** in a frying pan on high heat. Season the **lamb steaks** with **salt** and **pepper**. When the **oil** is hot, lay the **steaks** in the pan and brown for a minute on each side. Lower the heat slightly and cook for another 2-3 mins on each side for medium-rare. **TIP: Cook for 2-3 mins more if you like it more cooked. IMPORTANT: The steak is safe to eat when the outside is browned.** Set aside to a plate to rest, loosely wrapped in foil. Don't wash your pan, you need it later for your **sauce**.



Serve Up

Share the **lamb steaks** between your plates with the **potato Dauphinoise** and **garlicky beans** alongside. Pour over the **red onion jus**.

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.