



Lamb Steak and Red Wine Jus

with Dauphinoise Potatoes and Garlicky Green Beans

Premium 40 Minutes • 1 of your 5 a day

30



Green Beans



Potatoes



Red Onion



Garlic Clove



Rosemary



Chicken Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese



Lamb Steak



Red Wine Jus Paste

Before you start

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

Cooking tools, you will need:

Saucepan, Garlic Press, Colander, Ovenproof Dish, Frying Pan, Aluminum Foil.

Ingredients

	2P	3P	4P
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
Water for the Gratin*	75ml	100ml	150ml
Chicken Stock Paste	10g	15g	20g
Creme Fraiche 7)**	150g	225g	300g
Grated Hard Italian Style Cheese 7) 8)**	40g	65g	80g
Lamb Steak**	2	3	4
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)	2700 / 645	460 / 110
Fat (g)	33	6
Sat. Fat (g)	16	3
Carbohydrate (g)	55	9
Sugars (g)	7	1
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

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** on to 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 Beans

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 Gratin

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 paste**, **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 Time

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 combine, bring to the boil then simmer for 1-2 mins. Add a splash more **water** to loosen if need be. Remove from the heat.



Cook the Lamb Steak

10 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:** Wash your hands after handling raw meat. 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 yet - you need it later for your **sauce**.



Serve Up

Share the **lamb steaks** between your plates with the **potato gratin** 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.