

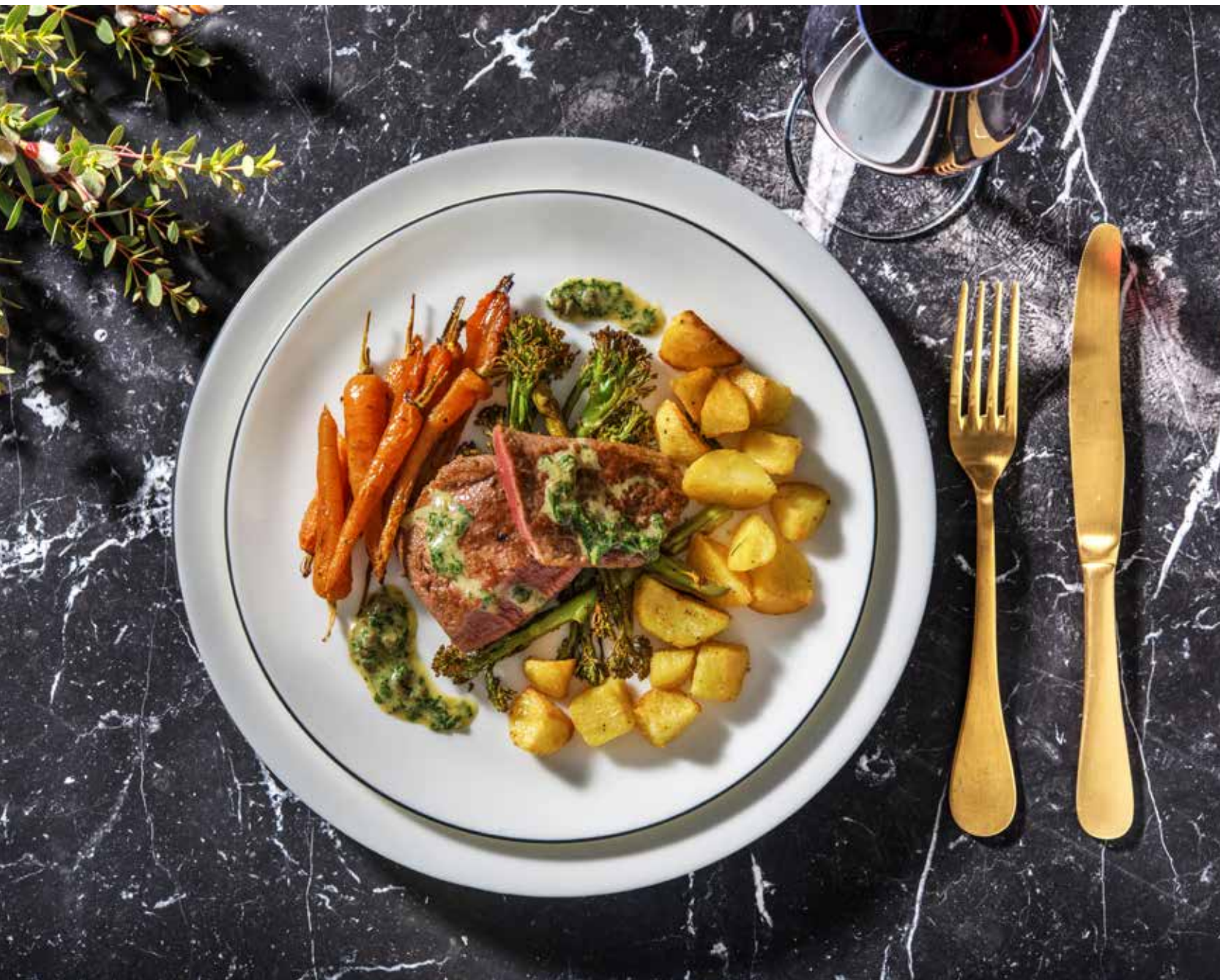


Lamb Steaks with Roast Potatoes and Salsa Verde

with Honey Roasted Chantenay Carrots and Tenderstem Broccoli

N° 13

PREMIUM 45 Minutes • 2 of your 5 a day



Potato



Rosemary



Plain Flour



Tri-coloured
Chantenay Carrots



Honey



Mint



Capers



Lemon



Dijon Mustard



Tenderstem Broccoli®



Lamb Steak

Before you start

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

Basic cooking tools, you will need:

Two Baking Trays, Saucepan, Peler, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Rosemary**	½ bunch	¾ bunch	1 bunch
Plain Flour for the potatoes 13)	8g	16g	16g
Tri-coloured Chantenay Carrots**	1 small punnet	1 large punnet	2 small punnets
Honey	½ sachet	¾ sachet	1 sachet
Mint**	1 bunch	1 bunch	1 bunch
Capers	1 small pot	1 large pot	1 large pot
Lemon**	½	1	1
Olive Oil*	1½ tbsp	2½ tbsp	3 tbsp
Dijon Mustard 9)	½ pot	¾ pot	1 pot
Tenderstem Broccoli ***	1 small pot	1 large pot	2 small pots
Lamb Steak**	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	551g	100g
Energy (kJ/kcal)	1642 / 393	298 / 71
Fat (g)	6	1
Sat. Fat (g)	2	1
Carbohydrate (g)	54	10
Sugars (g)	6	1
Protein (g)	34	6
Salt (g)	0.41	0.08

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard **13)** Gluten

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

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

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Packed in the UK



1. Start the Potatoes

Fill and boil your kettle. Preheat your oven to 220°C. Pour a good glug of **oil** onto a baking tray (to completely cover the bottom) and pop in your oven. Pour the boiling **water** into a large saucepan on high heat with 0.5 tsp of **salt**. Peel the **potatoes**, chop them into 3cm chunks. Add the **potatoes** to the boiling **water** and cook for 5-6 mins or until the edges have softened when you poke them with a knife.



4. Salsa Verde Time

Meanwhile, pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Roughly chop the **capers**. Halve the **lemon**. Pop the **capers**, **mint**, **olive oil** (see ingredients for amounts), **mustard** and **half the lemon juice** in a small bowl. Season with **salt** and **pepper**, mix well and set aside. About 15 mins before the **potatoes** and **carrots** are ready, add the **tenderstem broccoli** to the tray with the **carrots**, drizzle with **oil** and season with **salt** and **pepper**. Cook until the **broccoli** is tender, 10-12 mins.



2. Roast the Potatoes

Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on the **flour** and **rosemary**. Give your pan a shake to fluff up the **potato**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Season the **potatoes** with **salt**, then roast on the top shelf of your oven until golden, 30-35 mins, turn halfway through.



5. Cook the Lamb

Heat a drizzle of **oil** in a frying pan on high heat and season the **lamb** with **salt** and **pepper**. Once the pan is really hot, carefully lay in the **lamb steaks** and fry for 4-5 mins on each side, adjusting the heat slightly if necessary. **TIP:** *We like our lamb medium-rare, if you like it well done just cook for a further 2 mins on each side.* **IMPORTANT:** *Remember to wash your hands after handling raw meat, the lamb is cooked when the outside is brown.* When cooked, remove to a plate and leave to rest for 5 mins, covered loosely with foil.



3. Carrot Time!

Meanwhile, trim and halve the **carrots** lengthways (no need to peel). Place onto a baking tray, drizzle with **oil** and **honey** and season with **salt** and **pepper**. Toss to coat then spread out in a single layer. Roast until golden and tender, 20-25 mins. Turn halfway through cooking.



6. Serve!

When everything is ready, slice the **lamb steaks** in half and divide between plates. Serve with the roast **potatoes**, **carrots** and **broccoli** alongside with the **salsa verde** drizzled over.

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.