



# Pan-Fried Lamb Steak

with Redcurrant Sauce and Truffle & Roasted Garlic Mash

**PREMIUM** 40 Minutes • 1.5 of your 5 a day

N° 13



Chantenay Carrots



Garlic Clove



Potato



Tenderstem Broccoli



Echalion Shallot



Chervil



Lamb Steak



Red Wine Stock Pot



Rich Redcurrant Jelly



Truffle Zest



Butter



## Before you start

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

### Basic cooking tools you will need:

Large Saucepan, Peeler, Colander, Frying Pan and Measuring Jug.

### Ingredients

	2P	3P	4P
Chantenay Carrots**	1 punnet	1½ punnets	2 punnets
Garlic Clove**	2	3	4
Potato**	1 small pack	1 large pack	2 small packs
Tenderstem Broccoli**	1 small pack	1 large pack	2 small packs
Echalion Shallot**	1	1	2
Chervil**	1 bunch	1 bunch	1 bunch
Lamb Steak**	2	3	4
Water for the Sauce*	150ml	225ml	300ml
Red Wine Stock Pot <b>14)</b>	1 pot	1½ pots	2 pots
Rich Redcurrant Jelly	1 pot	1½ pots	2 pots
Truffle Zest	1 sachet	1½ sachets	2 sachets
Butter <b>7)</b>	30g	45g	60g

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	625g	100g
Energy (kJ/kcal)	2337 / 559	374 / 89
Fat (g)	19	3
Sat. Fat (g)	10	2
Carbohydrate (g)	67	11
Sugars (g)	22	4
Protein (g)	35	6
Salt (g)	2.35	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **14)** Sulphites

Wash your hands before and after handling ingredients.  
Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

### Contact

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## 1. Roast the Carrots

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil with a pinch of **salt**. We will use this for the potatoes later. Trim the **carrots** and chop any particularly large ones in half, then pop on a baking tray along with the **garlic cloves** (don't peel the garlic!). Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then spread out and roast on the middle shelf of your oven for 25-30 mins.



## 2. Boil the Potatoes

While the carrots cook, peel the **potatoes** and chop into 2cm chunks. Add to the boiling **water** and boil until you can easily slip a knife through, 12-15 mins. Drain in a colander then return to the pan, off the heat. Meanwhile, pop the **broccoli** on another tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, set aside. When the **carrots** are halfway through cooking, roast the **broccoli** on the top shelf of the oven until slightly crispy, 10-12 mins.



## 3. Prep

Meanwhile, halve, peel and finely slice the **shallot**. Roughly chop the **chervil** (stalks and all). Season the **lamb steaks** on both sides with **salt** and **pepper**. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



## 4. Fry the Lamb

Heat a drizzle of **oil** in a frying pan on high heat. When really hot, 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. When cooked, remove to a plate and leave to rest, covered loosely with foil. **IMPORTANT:** The lamb is safe to eat when the outside is cooked.



## 5. Make the Sauce

While the **lamb** rests, add a drizzle more **oil** to the pan if it looks dry and turn the heat to medium-low. Add the **shallots** and cook, stirring occasionally, until softened, 3-4 mins. Pour in the **water** (see ingredients for amount), **red wine stock pot** and **redcurrant jelly**. Bring to the boil, stirring to dissolve the **stock** and **jelly**, then lower the heat and simmer until thickened slightly, 4-5 mins.



## 6. Finish and Serve

Meanwhile, remove the **roast garlic** from their skins (careful, it's hot!). Add to the **potatoes**. Add the **truffle zest** and **half** the **butter**. Mash until smooth. Season with **salt** and **pepper**. Slice the **lamb** into 4 strips. Remove the **sauce** from the heat and stir in the remaining **butter** and **half** the **chervil**. Serve the **mash** with the **lamb** on top, the **veggies** around and the **sauce** all over. Sprinkle on the remaining **chervil**.

Enjoy!