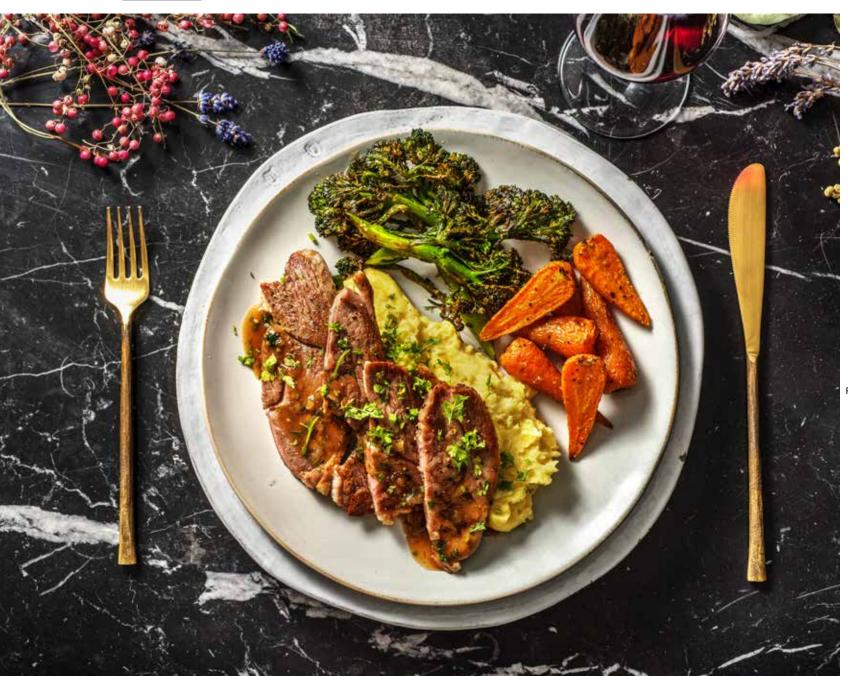


Pan-Fried Lamb Steak

with Redcurrant Sauce and Truffle & Roasted Garlic Mash

PREMIUM 40 Minutes • 1.5 of your 5 a day







Chantenay Carrots





Potato





Echalion Shallot



Tenderstem Broccoli





Red Wine Stock Pot



Rich Redcurrant Jelly





Before you start

Our fruit, veggies and herbs need a wash before vou 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 14)	1 pot	1½ pots	2 pots	
Rich Redcurrant Jelly	1 pot	1½ pots	2 pots	
Truffle Zest	1 sachet	1½ sachets	2 sachets	
Butter 7) **	30g	45g	60g	
*Not Included ** Ctore in the Fridge				

*Not Included ** Store in the Fridge

Nutrition

Per serving	Per 100g
625g	100g
2337 /559	374 /89
19	3
10	2
67	11
22	4
35	6
2.35	0.38
	625g 2337 /559 19 10 67 22 35

Nutrition for uncooked ingredients based on 2 person recipe.

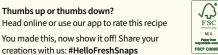
Allergens

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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Packed in the UK



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!