



Rosemary Lamb Loin and Red Wine Jus with Blue Cheese, Leek & Potato Gratin, Green Beans and Spinach

Premium 40 Minutes

32



Lamb Loin



Potatoes



Leek



Garlic Clove



Green Beans



Rosemary



Creme Fraiche



Danish Blue Crumb Pot



Red Wine Jus
Paste



Baby Spinach

Before you start

Our fruit and veggies need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Garlic press, frying pan, colander, ovenproof dish, baking tray and aluminium foil.

Ingredients

	2P	3P	4P
Lamb Loin**	2	3	4
Potatoes**	450g	700g	900g
Leek**	1	1½	2
Garlic Clove**	1	2	2
Green Beans**	80g	150g	150g
Rosemary**	1 bunch	1 bunch	1 bunch
Crème Fraîche** 7)	150g	225g	300g
Danish Blue Crumb Pot** 7)	60g	90g	120g
Water for the Sauce*	150ml	225ml	300ml
Red Wine Jus Paste 10) 14)	15g	22g	30g
Baby Spinach**	100g	200g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	727g	100g
Energy (kJ/kcal)	3378 /807	465 /111
Fat (g)	46	6
Sat. Fat (g)	26	4
Carbohydrate (g)	51	7
Sugars (g)	8	1
Protein (g)	49	7
Salt (g)	2.11	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Preheat your oven to 200°C. Remove the **lamb** from the fridge to allow it to come up to room temperature. Pop a saucepan of **water** with **½ tsp salt** on to boil. Peel the **potatoes** and slice into 1cm thick rounds. Trim the root and dark green leafy part from the **leek**. Halve lengthways then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press). Trim and halve the **green beans**. Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Once boiling, add the **potato slices** to the **water** and simmer until just tender, 8-12 mins. **TIP:** The potatoes are cooked when you can easily slip a knife through them.



Make the Jus

While everything is in the oven, clean out the **potato** pan. Pour in the **water for the sauce** (see ingredients for amount). Bring to the boil, then stir in the **red wine jus paste**. Reduce the heat slightly, then bubble away until the **sauce** has reduced by half, about 5-6 mins. Once glossy and thickened, remove from the heat.



Make the Gratin

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **leek**, **half the rosemary** and a pinch of **salt**. Cook, stirring, until the **leeks** are soft, 4-5 mins. Add the **garlic** and cook for 1 min. Stir in the **crème fraîche** and bring to a simmer, then remove from the heat. When the **potatoes** are cooked, drain in a colander, then add to the **leeks**. Turn carefully to combine, then spoon into an appropriately sized ovenproof dish. Sprinkle the **blue cheese** on top of the **gratin** and bake in the oven until golden and bubbling, 12-15 mins.



Cook the Green Veg

When the **lamb** is cooked, transfer to a plate and leave to rest a couple of mins, covered loosely with foil. While the **lamb** rests, pop the (now empty) frying pan on medium heat with a drizzle of **oil**. Once the pan is hot, add the **green beans** and a splash of **water**, then stir-fry until tender, 4-5 mins. Add the **spinach** and cook until wilted and piping hot, 2-3 mins. Season with **salt** and **pepper**, then use a spoon to squeeze out and discard any excess **water** from the **spinach**.



Fry the Lamb

Wipe out the leek pan and return to medium-high heat with a drizzle of **oil**. Season the **lamb** with **salt** and **pepper** then sprinkle over the remaining **rosemary**. Once hot, add the **lamb** to the pan and cook until browned all over, 2-3 mins total. Then transfer to a baking tray, fat-side up. Roast on the middle shelf for 7-9 mins. **TIP:** This will result in *medium-rare lamb*. Cook for 2-3 mins longer if you want it more well done. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The lamb is cooked when browned on the outside.



Finish and Serve

Reheat your **sauce** if needed. Spoon the **green beans** and **spinach** onto your plates, then thinly slice the **lamb loins** and plate alongside. Serve with a generous portion of **gratin**, spooning the **red wine jus** over the **lamb** to finish.

Enjoy!