



Rosemary Lamb Loin and Red Wine Jus with Creamy Potato Gratin and Garlicky Green Beans

Premium Plus 40-45 Minutes

32



Lamb Loin



Potatoes



Green Beans



Garlic Clove



Chicken Stock Paste



Creme Fraiche



Grated Hard Italian
Style Cheese



Dried Rosemary



Red Wine Jus
Paste

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Saucepan, garlic press, measuring jug, colander, ovenproof dish, frying pan, baking tray, aluminium foil and lid.

Ingredients

Ingredients	2P	3P	4P
Lamb Loin**	2	3	4
Potatoes	450g	700g	900g
Green Beans**	150g	200g	300g
Garlic Clove**	2	3	4
Chicken Stock Paste	10g	15g	20g
Crème Fraîche** (7)	150g	225g	300g
Grated Hard Italian Style Cheese** (7) (8)	25g	40g	40g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Red Wine Jus Paste (10) (14)	15g	22g	30g
Pantry	2P	3P	4P
Reserved Potato Water*	75ml	100ml	150ml
Water for the Jus*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2850 /681	513 /123
Fat (g)	38.4	6.9
Sat. Fat (g)	18.1	3.3
Carbohydrate (g)	51.9	9.4
Sugars (g)	7.0	1.3
Protein (g)	44.1	7.9
Salt (g)	2.19	0.39

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 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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1 Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

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.

Once boiling, add the **potato slices** to the **water** and simmer until just tender, 8-12 mins.

Meanwhile, trim the **green beans**. Peel and grate the **garlic** (or use a garlic press).



4 Red Wine Jus Time

While everything's in the oven, clean out the **potato** pan.

Pour in the **water for the jus** (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. Season with plenty of **pepper**.



2 Make your Gratin

Once the **potatoes** are cooked, reserve some of the **potato water** (see ingredients for amount) in a measuring jug, then drain in a colander.

Stir the **chicken stock paste**, **crème fraîche** and **half** the **garlic** into the **potato water** to make your **creamy sauce**. Season with **salt** and **pepper**.

Arrange the **potato slices** in an ovenproof dish and pour over the **creamy sauce**. Sprinkle with the **cheese** and bake on the top shelf of your oven until golden and bubbly, 15-20 mins.



5 Bring on the Beans

Meanwhile, heat a drizzle of **oil** in the (now empty) **lamb** frying pan on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Stir in the remaining **garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins, then remove from the heat.



3 Fry the Lamb

Pop a medium frying pan on medium-high heat with a drizzle of **oil**. Season the **lamb** with **salt** and **pepper**, then sprinkle over the **dried rosemary**.

Once hot, add the **lamb** to the pan and cook until browned, 2-3 mins total.

Transfer to a baking tray, fat-side up, and 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'd prefer it more well done.*

When cooked, transfer to a plate and leave to rest a couple of mins, covered loosely with foil. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. The lamb is cooked when browned on the outside.*



6 Finish and Serve

When you're ready to serve, reheat the **red wine jus** if needed.

Thinly slice the **lamb loins** and transfer to your serving plates. Serve with the **garlicky green beans** and a generous portion of **gratin** alongside.

Spoon the **red wine jus** over the **lamb** to finish.

Enjoy!