



Rosemary Scented Lamb Loin with Blue Cheese, Leek and Potato Gratin

Premium 40 Minutes • 2 of your 5 a day

30



Potatoes



Leek



Garlic



Green Beans



Rosemary



Crème Fraîche



Blue Cheese



Lamb Loin



Red Wine Stock Sachet



Baby Spinach

Before you start

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

Cooking tools, you will need:

Saucepan, Vegetable Peeler, Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Frying Pan, Ovenproof Dish, Measuring Jug, Baking Tray and Aluminium Foil.

Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Leek**	1	2	2
Garlic**	1 clove	2 cloves	2 cloves
Green Beans**	1 small pack	1 large pack	1 large pack
Rosemary**	1 bunch	1 bunch	1 bunch
Crème Fraîche 7)**	150g	225g	300g
Blue Cheese 7)**	2 pots	3 pots	4 pots
Lamb Loin**	2	3	4
Red Wine Stock Sachet 14)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Baby Spinach**	1 small bag	1 large bag	2 small bags

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	672g	100g
Energy (kJ/kcal)	3138 /750	467 /112
Fat (g)	44	7
Sat. Fat (g)	21	3
Carbohydrate (g)	55	8
Sugars (g)	10	1
Protein (g)	46	7
Salt (g)	3.15	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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 You can recycle me!



Prep Time

Preheat your oven to 200°C. Pop a saucepan of **water** with 0.5 tsp of **salt** onto boil for the potatoes. Peel the **potatoes** and slice into rounds 0.5cm thick. Trim the root and dark green part from the **leek**. Halve lengthways then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans** and chop in half. Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Add the **potato** to the pan of boiling water and simmer until tender, 10-12 mins.



Make the Sauce

Whilst everything is in the oven, rinse the potato pan and pop the **red wine stock sachet** into it with the **water** (see ingredients for amount) and put onto medium heat. Stir to dissolve the **stock pot** and then simmer until thickened and glossy, about 10 mins.



Start the Gratin

Meanwhile, heat a splash of **oil** in another pan on medium heat. 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 a minute. Stir in the **crème fraîche** and bring to a simmer. Remove from the heat. When the **potatoes** are cooked, drain, then add to the **leeks**. Turn carefully to coat. Spoon into an appropriate sized ovenproof dish.



Time to Rest

When the **lamb** is ready, wrap loosely in foil and allow to rest for 5 mins. Meanwhile, heat the frying pan over medium heat (add a splash of **oil** if necessary). Stir-fry the **green beans** until softened, 4-5 mins. Add a splash of **water** as they cook. Add the **spinach** and cook until wilted, 2-3 mins. Season well with **salt** and **pepper** and then use a spoon to squeeze out any excess **water** from the **spinach**. Get ready to serve!



Bake

Sprinkle the **Blue cheese** on top of the **gratin** and bake in the oven until golden and bubbly 12-15 mins. Meanwhile, heat a splash of **oil** in a large frying pan over medium-high heat. Season the **lamb loins** with **salt** and **pepper** and sprinkle over the remaining **rosemary**. Brown the **meat** on all sides, 2 mins and then transfer to a baking tray. Roast on the middle shelf for 9-10 mins. **IMPORTANT:** *The lamb is safe to eat when the outside is no longer pink.* Keep the pan we'll use it again later.



Service!

Heat your **sauce** through gently before serving, if needed. Arrange the **green beans** and **spinach** on your plate. Thinly slice the **lamb loins** and sit them on top of the **greens**. Serve a generous amount of the **gratin** alongside and spoon the **sauce** over the **meat** and around the plate.

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.