



Valentine's Day Rosemary & Garlic Lamb Steaks

with Red Wine Jus, Smashed Potatoes and Buttered Veg

32

Premium 50-55 Minutes • 1 of your 5 a day



Lamb Steak



Chantenay Carrots



Red Onion



Garlic Clove



Rosemary



Salad Potatoes



Red Wine Jus Paste



Tenderstem® Broccoli



Unsalted Butter

Pantry Items
Olive Oil, Water

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, bowl, baking tray, frying pan, plate,
aluminium foil, saucepan and colander.

Ingredients

	2P	3P	4P
Lamb Steak**	2	3	4
Chantenay Carrots**	150g	225g	300g
Red Onion**	1	1	1
Garlic Clove**	1	2	2
Rosemary**	½ bunch	¾ bunch	1 bunch
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Salad Potatoes**	350g	500g	700g
Water for the Sauce*	150ml	225ml	300ml
Red Wine Jus Paste 10) 14)	15g	22g	30g
Tenderstem® Broccoli**	150g	300g	300g
Unsalted Butter** 7)	30g	30g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	529g	100g
Energy (kJ/kcal)	3862 / 923	730 / 174
Fat (g)	60	11
Sat. Fat (g)	35	7
Carbohydrate (g)	61	11
Sugars (g)	26	5
Protein (g)	37	7
Salt (g)	3.35	0.63

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

The chocolate mousse will take 2-3 hours to set so we'd recommend getting them prepared earlier in the day. However, they'll still be delicious if you only leave them in the fridge for less time. Either way, make your pudding (all 3 steps) before you start cooking your main.

Preheat your oven to 200°C. Remove the **lamb steaks** from your fridge to allow them to come to room temperature. Trim and halve the **carrots** lengthways (no need to peel). Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Pick the **rosemary leaves** from their stalks and roughly chop (see ingredients for amount, discard the stalks). Pop the **lamb** into a large bowl with the **garlic, rosemary** and **olive oil for the marinade** (see ingredients for amount), then mix until evenly coated. Set aside.



Make the Jus

Put a large saucepan of **water** with ½ **tsp salt** on to boil for the **veg**. While the **lamb** rests, pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil**. When hot, add the **onion** and stir-fry until softened, 3-4 mins. Once softened, pour in the **water for the sauce** (see ingredients for amount). Bring to the boil, then stir in the **red wine jus paste**. Lower the heat slightly, then bubble away until reduced by half, 5-6 mins. Once glossy and thickened, remove from the heat.



Roast the Potatoes

Halve the **salad potatoes** widthways and pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer, cut-side down. When the oven is hot, roast the **potatoes** on the top shelf, 20 mins. After 20 mins, remove them from the oven. Use the bottom of a bowl or pan to lightly crush each **potato half**. Drizzle the **smashed potatoes** with more **oil** and return to the top shelf until crispy and golden, 10-15 mins.



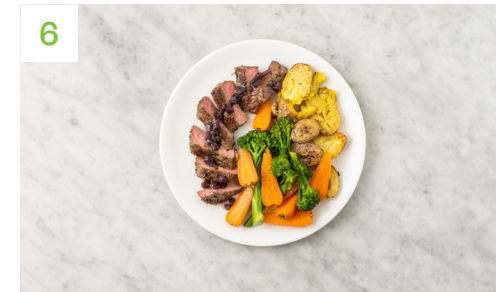
Cook the Veg

Meanwhile, add the **carrots** to the pan of **boiling water** and cook for 2-3 mins. Add the **broccoli**, then cook the **veg** until just tender, 2-3 mins. Once cooked, drain in a colander and pop back into the pan. Add the **butter**, season with **salt** and **pepper** then toss to coat.



Fry the Lamb

Once the **smashed potatoes** are back in the oven, heat a large frying pan on medium-high heat (no oil). Season the **marinated lamb steaks** with **salt** and **pepper**. When hot, lay them into the pan and fry until browned all over, 8-10 mins total (for medium-rare). Turn every 2 mins. Turn the heat down if needed. **TIP:** Cook for 2-3 mins extra if you like it more well done. Once cooked, transfer to a plate and leave to rest, covered loosely with foil. Set the pan aside. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The lamb is cooked when browned on the outside.



Finish and Serve

Once everything is ready, thinly slice the **lamb** and transfer to your serving plates. Serve the **smashed potatoes** and **veg** alongside. Spoon over the **red wine jus** to finish.

Enjoy!



Salted Caramel Chocolate Pot Dessert with Pecan Nut Topping

Premium 15-20 Minutes • 1 of your 5 a day

32



Double Cream



Chocolate Chips



Pecan Nuts



Salted Caramel

Before you start

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

Cooking tools

Saucepan, glass, ramekins, cling film and bowl.

Ingredients

	2P	3P	4P
Double Cream** 7)	150g	225g	300g
Chocolate Chips 11)	100g	150g	200g
Pecan Nuts 2)	25g	40g	40g
Salted Caramel 7)	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	158g	100g
Energy (kJ/kcal)	1693/405	1075/257
Fat (g)	23	15
Sat. Fat (g)	10	6
Carbohydrate (g)	42	27
Sugars (g)	39	25
Protein (g)	6	4
Salt (g)	0.26	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 11) Soya

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Start the Dessert

Pour the **double cream** into a medium saucepan and pop it on medium-high heat. Bring to the boil, then simmer for 1 min. Remove from the heat, then immediately add the **chocolate chips**. Allow to stand for 1 min, then stir together until smooth and well combined.

Let it Set

Pour the **chocolate mixture** into appropriately sized glasses/ramekins. **TIP:** Put these in the fridge beforehand to chill if you're in a rush - this will help the dessert to set. Allow to cool completely, then cover with cling film and pop into the fridge to set, 2-3 hours minimum.

Finish and Serve

When you're ready to serve **dessert**, remove them from the fridge. Roughly chop the **pecans**, then pop them into a small bowl. Pour over the **salted caramel** and mix to combine. Spoon the **salted caramel nuts** on top of each **chocolate pot** and then serve.

Enjoy!