



# Lamb Steak and Garlic Butter

with Crushed Crispy Potatoes, Green Beans and Flaked Almonds

Premium 40-45 Minutes • 1 of your 5 a day



Garlic Clove



Salad Potatoes



Lamb Steaks



Flat Leaf Parsley



Green Beans



Unsalted Butter



Toasted Flaked Almonds

## Before you start

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

## Cooking tools

Aluminum foil, baking tray, bowl, kitchen scissors, frying pan and lid.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Salad Potatoes	350g	500g	700g
Lamb Steaks**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Green Beans**	150g	200g	300g
Unsalted Butter**	30g	40g	60g
Toasted Flaked Almonds	15g	25g	25g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	405g	100g
Energy (kJ/kcal)	2155 /515	532 /127
Fat (g)	26.5	6.5
Sat. Fat (g)	12.9	3.2
Carbohydrate (g)	39.4	9.7
Sugars (g)	4.5	1.1
Protein (g)	31.6	7.8
Salt (g)	0.25	0.06

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

## Allergens

2) Nuts 7) Milk

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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## Cook the Potatoes

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

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Halve the **salad potatoes** widthways and pop them 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, and the **garlic parcel** on the middle shelf until soft, 10-12 mins.

4



## Bring on the Beans

Pop a large frying pan on medium-high heat with a drizzle of **oil**.

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

Turn the heat down to medium and cook for 1 min, then add a splash of **water** and immediately cover with a lid or some foil.

Allow to cook until the **beans** are tender, 4-5 mins. Transfer to a bowl and cover to keep warm.

2



## Get Prepped

Meanwhile, remove the **lamb steaks** from your fridge to allow them to come up to room temperature.

Roughly chop the **parsley** (stalks and all). Trim the **green beans**.

Pop the **butter** and **parsley** into a small bowl.

Once the **garlic** has roasted and cooled slightly, cut the end with scissors and squeeze it out of the skin. Use a fork to mash the **garlic cloves** into the **butter**. Season with a pinch of **salt**.

5



## Fry the Lamb

Meanwhile, pop your frying pan back on high heat with a drizzle of **oil**.

When hot, lay the **lamb steaks** into the pan, season with **salt** and **pepper** and fry until browned all over, 8-10 mins total (for medium-rare). Turn every 2 mins. **TIP:** Cook for 1-2 mins extra if you prefer yours more well done. **IMPORTANT:** Wash your hands and equipment after handling raw lamb. It's cooked when browned on the outside.

Once cooked, transfer to a board, cover with foil and allow to rest for a couple of mins.

3



## Crush your Spuds

When the **potatoes** have cooked for 20 mins, remove them from the oven. Use the bottom of a bowl or pan to lightly crush each **potato half**.

Drizzle with more **oil** and return to the top shelf of your oven until crispy and golden, 10-15 mins.

6



## Finish and Serve

Once rested, thinly slice the **lamb steaks** widthways and serve on your plates with the **garlic butter** spooned over the top.

Serve your **green beans** and **crushed crispy potatoes** alongside.

Sprinkle the **toasted flaked almonds** over the **beans** to finish.

## Enjoy!