



Lamb Steak in Lemon-Garlic Butter

with Greek Style Roast Potatoes and Lemon Marinated Courgette

Family 25-30 Minutes • 2 of your 5 a day

11



Lamb Steaks



Potatoes



Mixed Herbs



Garlic Clove



Courgette



Lemon



Greek Style
Salad Cheese

Pantry Items
Oil, Salt, Pepper, Butter

Before you start

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

Cooking tools

Baking tray, aluminium foil, frying pan, fine grater,
kitchen scissors and bowl.

Ingredients

Ingredients	2P	3P	4P
Lamb Steaks**	2	3	4
Potatoes	450g	700g	900g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Courgette**	1	1½	2
Lemon**	1	1	1
Greek Style Salad Cheese** 7)	50g	75g	100g

Pantry	2P	3P	4P
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	555g	100g
Energy (kJ/kcal)	2284 /546	412 /98
Fat (g)	23.6	4.3
Sat. Fat (g)	13.2	2.4
Carbohydrate (g)	54.0	9.7
Sugars (g)	6.9	1.2
Protein (g)	34.9	6.3
Salt (g)	1.19	0.21

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

Allergens

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Start your Prep

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

Remove the **butter** (see pantry for amount) and **lamb steaks** from the fridge to allow them to come up to room temperature

Chop the **potatoes** into 1cm chunks (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the **mixed herbs**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.



Zest Things Up

While the **lamb** rests, return the (now empty) frying pan to high heat with a drizzle of **oil**.

Once hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins.

Meanwhile, zest and cut the **lemon** into wedges. Once your **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Add the **softened butter** to a small bowl with the **roasted garlic** and **half the lemon zest**. Season with **salt** and **pepper**, then mix well.



Get Roasting

When the oven is hot, roast the **potatoes** on the top shelf until golden, 18-20 mins. Turn halfway through.

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

Roast the **garlic parcel** straight on the oven rack until soft, 10-12 mins.

Meanwhile, trim the **courgette**, then quarter lengthways. Chop into 1cm chunks.



Finishing Touches

Once the **courgette** is cooked, season with **salt** and **pepper**, remove from the heat and add a squeeze of **lemon juice**.

When the **roasted potatoes** are ready, remove them from the oven. Crumble over the **Greek style salad cheese** and sprinkle with the remaining **lemon zest**.

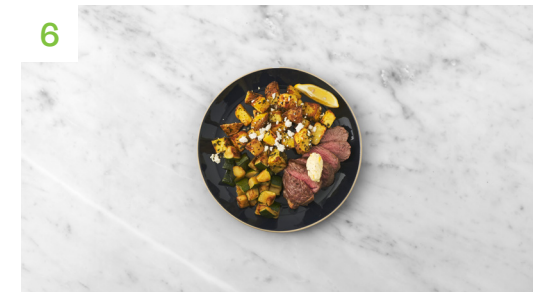


Fry the Lamb Steaks

Heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**. **TIP:** Lamb steaks naturally vary in shape, so adjust the following timings depending on how you like yours cooked.

Once hot, lay the **steaks** into the pan and fry until browned and medium-rare, 8-10 mins total. Turn every 2 mins. **TIP:** Cook each side for 1-2 min more if you like it more well done.

Once cooked, transfer to a board, cover with foil and allow to rest for a couple of mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The lamb is safe to eat when browned on the outside.



Serve Up

Share your **lamb steaks** between your serving plates. Spread the **lemon garlic butter** over each **steak**.

Serve with your **roasted potatoes** and **zesty courgette** alongside.

Enjoy!