HELLO FRESH

Peri Peri Lamb Steak and Hot Honey Sauce
with Sweet Potato Mash and Peas

Quick • 20-25 Minutes • Medium Spice • 2 of your 5 a day

Lamb Steaks

Baking Potato

Sweet Potato

Peri Peri Seasoning

Peas

Hot Sauce

Honey

Pantry Items
Oil, Salt, Pepper, Olive Oil, Butter

Ingredients

Ingredients	2P	3P	4P
Lamb Steaks**	2	3	4
Baking Potato	1	2	2
Sweet Potato	1	2	2
Peri Peri Seasoning	1 sachet	1 sachet	2 sachets
Peas**	120g	180g	240g
Hot Sauce	50g	80g	100g
Honey	15g	22g	30g
Pantry	**2P**	**3P**	**4P**
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	**504g**	**100g**
Energy (kJ/kcal)	2627 /628	521 /125
Fat (g)	23.4	4.6
Sat. Fat (g)	10.5	2.1
Carbohydrate (g)	73.3	14.6
Sugars (g)	21.4	4.2
Protein (g)	33.3	6.6
Salt (g)	1.22	0.24

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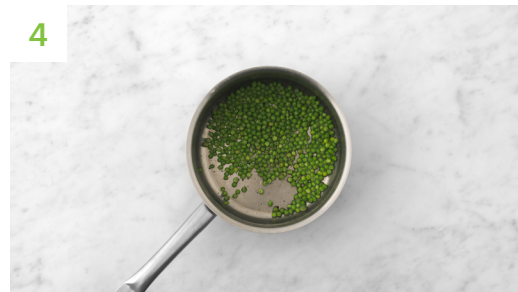Reference Intake of an average adult (8400kJ/2000kcal).

1

Get Prepped

a) Boil a full kettle. Remove the **lamb steaks** from your fridge to allow them to come up to room temperature.

b) Chop the **white** and **sweet potatoes** into 2cm chunks (peel first if you prefer).

c) Pour the **boiled water** into a large saucepan on high heat with **½ tsp salt**.

d) Add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.

2

Add the Flavour

a) Add the **lamb steaks** to a medium bowl with the **peri peri seasoning**, **olive oil for the marinade** (see pantry for amount) and a pinch of **salt** and **pepper**.

b) Rub to coat all over. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*
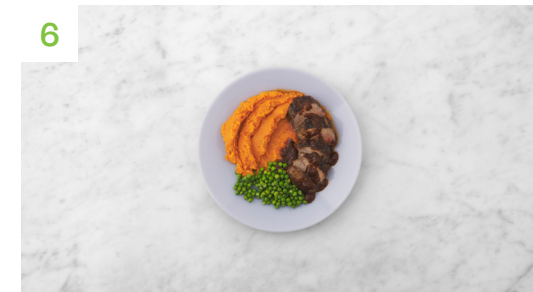
3

Steak Night

a) Return the (now empty) frying pan to high heat.

b) 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.*

c) Once cooked, transfer to a board, cover with foil and allow to rest for a couple of mins. **IMPORTANT:** *The lamb is safe to eat when browned on the outside.*

4

Peas Please

a) Meanwhile, heat a drizzle of **oil** in a small saucepan on medium-high heat.

b) Once hot, add the **peas** and stir-fry for 2-3 mins. Season with **salt** and **pepper**.

5

Make the Sauce

a) Wipe out the (now empty) frying pan and return to low heat.

b) Melt the **butter** (see pantry for amount), then stir in the **hot sauce** and **honey**. Bring to the boil, then remove from the heat. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1min.*

c) Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**.

6

Serve Up

a) Slice the **peri peri lamb** widthways into 1cm thick slices and share between your plates.

b) Serve the **mash** and **peas** alongside.

c) Drizzle the **hot honey sauce** over the **steaks**.

Enjoy!