



# Peri Peri Lamb Steak and Hot Honey Sauce

with Sweet Potato Mash and Peas

41

**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



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Kettle, saucepan, bowl, frying pan, aluminium foil and colander.

## 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
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
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
<b>for uncooked ingredient</b>	<b>504g</b>	<b>100g</b>
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).

## Allergens

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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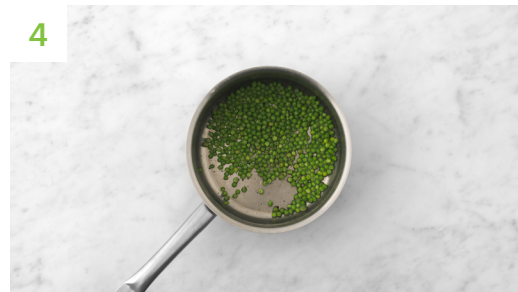
## Get Prepped

**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.



## 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**.



## 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.*



## 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**.

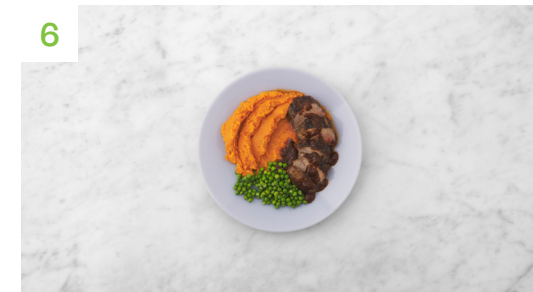


## Steak Night

**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.*



## 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!