



Garlic Butter Lamb Steaks

with Harissa Butter Bean and Sweet Potato Stew

Classic 30-35 Minutes • Mild Spice • 2 of your 5 a day

8



Lamb Steaks



Sweet Potato



Onion



Garlic Clove



Butter Beans



Tomato Puree



Harissa Paste



Chicken Stock Paste



Grated Hard Italian Style Cheese



Dried Oregano

Pantry Items

Oil, Salt, Pepper, Sugar, 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

Baking tray, garlic press, sieve, saucepan, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Lamb Steaks**	2	3	4
Sweet Potato	1	1½	2
Onion**	1	1½	2
Garlic Clove**	3	4	6
Butter Beans	1 carton	1½ cartons	2 cartons
Tomato Puree	30g	45g	60g
Harissa Paste 14)	50g	75g	100g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Dried Oregano	1 sachet	1 sachet	2 sachets
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	150ml	225ml	300ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	584g	100g
Energy (kJ/kcal)	2765/661	474/113
Fat (g)	29.9	5.1
Sat. Fat (g)	12.3	2.1
Carbohydrate (g)	52.5	9.0
Sugars (g)	19.9	3.4
Protein (g)	40.3	6.9
Salt (g)	2.90	0.50

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

Allergens

7) Milk **8)** Egg **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, 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 the Prep

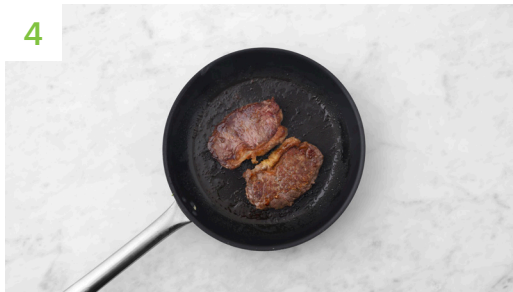
Preheat your oven to 220°C/200°C fan/gas mark 7.

Remove the **lamb** from your fridge to allow it come up to room temperature.

Chop the **sweet potato** into 2cm chunks (no need to peel).

Put the **sweet potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Fry the Lamb

Meanwhile, 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.



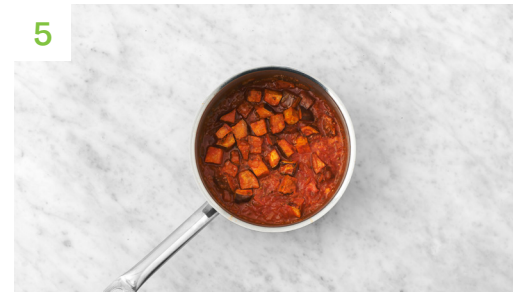
Fry the Veg

Meanwhile, halve, peel and chop the **onion** into small pieces.

Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **butter beans** in a sieve.

Heat a drizzle of **oil** in a large saucepan on medium-high heat. Once hot, add the **onion** and stir-fry until softened, 4-5 mins.

Add **half** the **garlic**. Fry for 1 min more.



Finishing Touches

When the **sweet potato** has roasted, stir it into the **sauce**.

Stir in the **cheese** and **dried oregano**. Taste and season with **salt** and **pepper**. Add a splash of **water** if it's a little too thick.

Add the **butter** (see pantry for amount) to the (now empty) frying pan and melt on medium heat. Add the remaining **garlic** and cook for 30 secs.

When everything's ready, thinly slice the **lamb steaks**.

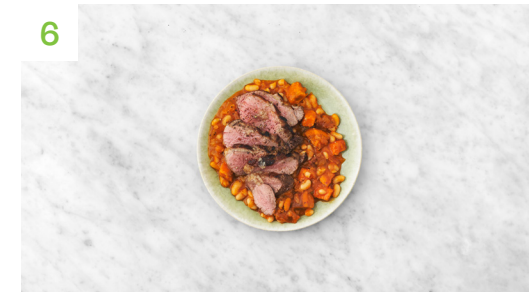


Simmer Time

Stir the **tomato puree** and **harissa paste** (add less if you'd prefer things milder) into the pan. Fry for 1 min.

Add the **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Stir in the **butter beans**.

Bring to the boil, then lower the heat so the **sauce** simmers gently. Cook until thickened slightly, 4-5 mins.



Serve Up

Share the **butter bean and sweet potato stew** between your bowls.

Top with the **sliced lamb** and spoon over the **garlic butter** to finish.

Enjoy!