



Lamb Steak in Garlic Butter Sauce

with Herby Potatoes, Honey Roasted Tomatoes and Tenderstem®

Gastropub 35-40 Minutes • 1 of your 5 a day

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Lamb Steaks



Potatoes



Mixed Herbs



Tenderstem® Broccoli



Baby Plum Tomatoes



Honey



Garlic Clove



Echalion Shallot



Flat Leaf Parsley



Cider Vinegar



Chicken Stock Paste



Unsalted Butter

Pantry Items
Oil, Salt, Pepper

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, garlic press, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Lamb Steaks**	2	3	4
Potatoes	450g	700g	900g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Tenderstem® Broccoli**	150g	200g	300g
Baby Plum Tomatoes	125g	190g	250g
Honey	15g	30g	30g
Garlic Clove**	2	3	4
Echalion Shallot**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Cider Vinegar 14	15ml	22ml	30ml
Chicken Stock Paste	10g	15g	20g
Unsalted Butter** 7	30g	40g	60g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	613g	100g
Energy (kJ/kcal)	2421 / 579	395 / 94
Fat (g)	23.4	3.8
Sat. Fat (g)	12.9	2.1
Carbohydrate (g)	60.3	9.8
Sugars (g)	15.3	2.5
Protein (g)	34.2	5.6
Salt (g)	1.23	0.2

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

Allergens

7) Milk 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, mollusc, 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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Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **lamb steaks** from your fridge to allow them to come up to room temperature.

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

Pop the **potatoes** onto a large baking tray. Drizzle with **oil**, sprinkle over the **mixed herbs**, 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.



Add the Veg

Meanwhile, when the **potatoes** are halfway through cooking, turn them and return to the oven for the remaining time.

At the same time, put the **broccoli** and **tomato** tray onto the middle shelf to roast until tender and crispy, 10-12 mins.

Once the **lamb** is cooked, transfer to a board, cover with foil and allow to rest. Keep the frying pan - you'll use it for the **sauce** (no need to clean).



Prep Time

Meanwhile, halve any thick **broccoli stems** lengthways and pop onto one side of another large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Add the **tomatoes** to the other side of the tray. Drizzle with **oil** and the **honey**, season with **salt** and **pepper**, then toss together. Set aside. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **shallot** into small pieces. Roughly chop the **parsley** (stalks and all).



Make your Garlic Butter Sauce

Pop the (now empty) frying pan back on medium heat with a drizzle of **oil** if needed.

Once hot, add the **shallot** and cook until softened, 4-5 mins, then add the **garlic** and cook for 30 secs more.

Pour in the **cider vinegar** and allow it to evaporate. Stir in the **water for the sauce** (see pantry for amount) and **chicken stock paste**. Bring to the boil, then lower the heat and simmer for 2-3 mins.

Stir in the **butter** until melted. Simmer until thickened, 2-3 mins more, then remove from the heat and stir through the **parsley**.

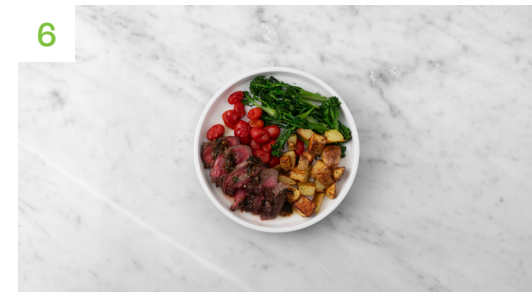


Get Frying

Heat a drizzle of **oil** in a large frying pan on high heat. Season the **lamb 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. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The steak is safe to eat when browned on the outside.



Slice and Serve

When everything's ready, thinly slice the **lamb steaks** and transfer to your plates. Spoon over the **garlic butter sauce**.

Serve the **roast potatoes** and **vegetables** on the side.

Enjoy!