



# Greek Inspired Lamb Steak and Homemade Tzatziki

with Lemony Charred Greens, Roast Potatoes and Greek Style Cheese

Premium 35-40 Minutes • 3 of your 5 a day

29



Lamb Steaks



Potatoes



Roasted Spice and Herb Blend



Lemon



Courgette



Green Beans



Baby Cucumber



Mint



Greek Style Natural Yoghurt



Greek Style Salad Cheese



Toasted Flaked Almonds

**Pantry Items**

Oil, Salt, Pepper, Olive Oil

## 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, fine grater, bowl, frying pan and aluminium foil.

## Ingredients

Ingredients	2P	3P	4P
Lamb Steaks**	2	3	4
Potatoes	450g	700g	900g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Lemon**	1	1½	2
Courgette**	1	1	2
Green Beans**	80g	150g	150g
Baby Cucumber**	1	2	2
Mint**	1 bunch	1 bunch	1 bunch
Greek Style Natural Yoghurt** 7)	75g	150g	150g
Greek Style Salad Cheese** 7)	100g	150g	200g
Toasted Flaked Almonds 2)	15g	25g	25g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	731g	100g
Energy (kJ/kcal)	2810 /672	385 /92
Fat (g)	30.7	4.2
Sat. Fat (g)	15.4	2.1
Carbohydrate (g)	62.1	8.5
Sugars (g)	12.4	1.7
Protein (g)	43.6	6.0
Salt (g)	1.69	0.23

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

## Allergens

### 2) Nuts 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, 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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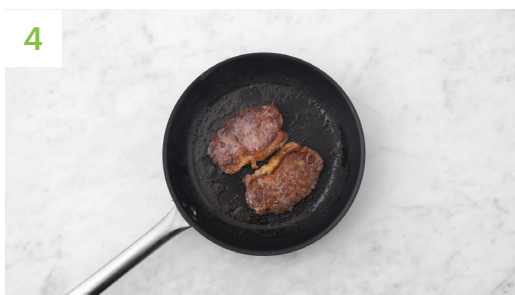
## Roast the Potatoes

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 **chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over the **roasted spice and herb blend**, 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 middle shelf until golden, 30-40 mins. Turn halfway through.



## Get Frying

Season the **steaks** with **salt** and **pepper**.

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once the pan is hot, carefully lay in the **lamb steaks**.

Fry until golden, 2 mins each side, then transfer to a medium baking tray.

Roast on the top shelf of your oven for 5 mins for medium-rare. **TIP:** Cook for a few more mins if you prefer yours more well done. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The lamb is safe to eat when browned on the outside.

Once cooked, transfer to a board, cover with foil and allow to rest for a couple of mins.



## Prep Time

Meanwhile, zest and cut the **lemon** into wedges.

Trim the **courgette**, then quarter lengthways. Chop widthways into 1cm chunks.

Trim and halve the **green beans**.



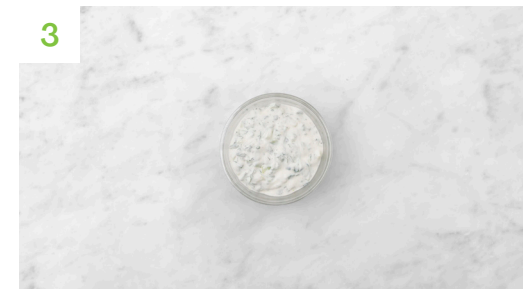
## Char the Veg

Meanwhile, wipe out the (now empty) pan and pop back on high heat with a drizzle of **oil**.

Once hot, add the **courgette** and **green beans**. Cook until tender and charred, 7-9 mins. Season with **salt** and **pepper**.

Add a squeeze of **lemon juice** and cook until evaporated.

Crumble in **half** the **Greek style salad cheese** and toss to coat the **veg**, then set aside and cover to keep warm.

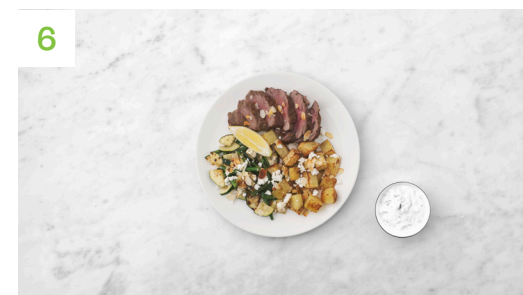


## Make your Tzatziki

Trim the **cucumber**, then halve lengthways. Cut lengthways into roughly 1cm wide strips, then cut into 1cm pieces widthways.

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

In a medium bowl, combine the **yoghurt**, **cucumber**, **mint**, a drizzle of **olive oil**, a squeeze of **lemon juice** and pinch of **lemon zest**. Season with **salt**. Set your **tzatziki** aside.



## Serve Up

When you're ready to serve, slice the **lamb steaks** widthways into 1cm thick slices, then share between your plates.

Serve the **roasted potatoes** and **charred veg** alongside, then crumble over the remaining **Greek style salad cheese**. Scatter with the **flaked almonds**.

Finish with a dollop of **tzatziki** and serve any remaining **lemon wedges** alongside for squeezing over.

## Enjoy!