



# Herby Lamb Steak and Garlic Butter

with Cheesy Smashed Potatoes, Green Beans and Flaked Almonds

Low Cal Premium 40-45 Minutes • 1 of your 5 a day

29



Lamb Steaks



Unsalted Butter



Garlic Clove



Salad Potatoes



Flat Leaf Parsley



Green Beans



Grated Hard Italian Style Cheese



Roasted Spice and Herb Blend



Toasted Flaked Almonds

**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

Aluminium foil, bowl, kitchen scissors, frying pan and lid.

## Ingredients

Ingredients	2P	3P	4P
Lamb Steaks**	2	3	4
Unsalted Butter** (7)	30g	40g	60g
Garlic Clove**	3	4	6
Salad Potatoes	350g	500g	700g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Green Beans**	150g	200g	300g
Grated Hard Italian Style Cheese** (7) (8)	20g	30g	40g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachet
Toasted Flaked Almonds (2)	15g	25g	25g

\*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2238 / 535	536 / 128
Fat (g)	29.3	7.0
Sat. Fat (g)	14.8	3.5
Carbohydrate (g)	34.5	8.3
Sugars (g)	5.3	1.3
Protein (g)	34.7	8.3
Salt (g)	0.58	0.14

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

## Allergens

2) Nuts 7) Milk 8) Egg

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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## Cook the Potatoes

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

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Halve the **salad potatoes** widthways and pop them onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer, cut-side down.

When the oven is hot, roast the **potatoes** on the top shelf, 20 mins, and the **garlic parcel** on the middle shelf until soft, 10-12 mins.



## Bring on the Beans

Meanwhile, pop a large frying pan on medium-high heat with a drizzle of **oil**.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Turn the heat down to medium and cook for 1 min, then add a splash of **water** and immediately cover with a lid or some foil.

Allow to cook until the **beans** are tender, 4-5 mins. Transfer to a bowl and cover to keep warm.

Meanwhile, season the **steaks** with **salt** and **pepper**. Sprinkle with the **roasted spice and herb blend**. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



## Get Prepped

Meanwhile, roughly chop the **parsley** (stalks and all). Trim the **green beans**.

Pop the **butter** and **parsley** into a small bowl.

Once the **garlic** has roasted and cooled slightly, cut the end with scissors and squeeze it out of the skin. Use a fork to mash the **garlic cloves** into the **butter**. Season with a pinch of **salt**.



## Fry the Lamb

Pop your (now empty) frying pan back on high heat with a drizzle of **oil**. **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.

When 30 secs remain, add the **garlic butter**. Turn to coat the **lamb** in the **butter**.

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.

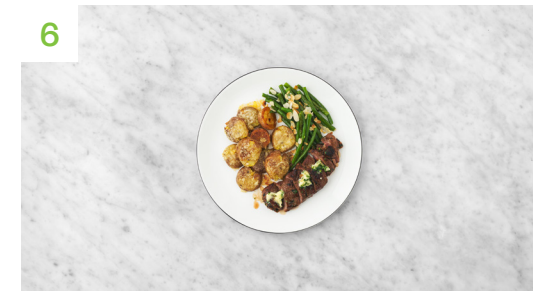


## Crush your Spuds

When the **potatoes** have cooked for 20 mins, remove them from the oven. Use the bottom of a bowl or pan to lightly crush each **potato** half.

Sprinkle over the **hard Italian style cheese**.

Drizzle with more **oil** and return to the top shelf of your oven until crispy and golden, 10-15 mins.



## Finish and Serve

Once rested, thinly slice the **lamb steaks** widthways and serve on your plates with any remaining **garlic butter** spooned over the top.

Serve your **green beans** and **crushed crispy potatoes** alongside.

Sprinkle the **toasted flaked almonds** over the **beans** to finish.

## Enjoy!