



Pan Fried Lamb Steak

with Redcurrant Sauce and Truffle & Roasted Garlic Mash

N° 13

PREMIUM 40 Minutes • 1.5 of your 5 a day



Garlic Clove



Chantenay Carrots



White Potato



Tenderstem Broccoli



Echalion Shallot



Chervil



Lamb Steak



Red Wine Stock Pot



Rich Redcurrant Jelly



Truffle Zest



Butter

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Large Saucepan, Baking Tray, Colander, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Garlic Clove**	2 cloves	3 cloves	4 cloves
Chantenay Carrots**	1 punnet	1½ punnets	2 punnets
White Potato**	1 small pack	1 large pack	2 small packs
Tenderstem Broccoli**	1 small pack	1 large pack	2 small packs
Echalion Shallot**	1	1	2
Chervil**	1 bunch	1 bunch	1 bunch
Lamb Steak**	2	3	4
Water for the sauce*	150ml	225ml	300ml
Red Wine Stock Pot 14)	1 pot	1½ pots	2 pots
Rich Redcurrant Jelly	1 pot	1½ pots	2 pots
Truffle Zest	1 sachet	1½ sachets	2 sachets
Butter 7)**	30g	45g	60g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	625g	100g
Energy (kJ/kcal)	2406 / 575	385 / 92
Fat (g)	19	3
Sat. Fat (g)	10	2
Carbohydrate (g)	70	11
Sugars (g)	24	4
Protein (g)	35	6
Salt (g)	2.10	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Roast the Carrots

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil with a pinch of **salt**. Peel the **garlic cloves** and pop into foil with a drizzle of **oil** and scrunch to enclose it. Trim the **carrots** and chop any particularly large ones in half lengthways, then pop on a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then spread out and roast on the middle shelf of your oven with the **garlic** next to it. Roast the **garlic** for 10-12 mins then remove from the oven and continue to cook the **carrots** until golden and tender, 15-20 mins.



4. Fry the Lamb

Heat a drizzle of **oil** in a frying pan on high heat. When really hot, lay in the **lamb steaks** and fry for 4-5 mins on each side, adjusting the heat slightly if necessary. **TIP: We like our lamb medium-rare, but if you like it well done just cook for a further 2 mins on each side.** When cooked, remove to a plate and leave to rest, covered loosely with foil. **IMPORTANT: The lamb is safe to eat when the outside is no longer pink.**



2. Boil the Potatoes

While the **carrots** cook, peel the **potatoes** and chop into 2cm chunks. Add to the boiling **water** and boil until you can easily slip a knife through, 12-15 mins. Drain in a colander then return to the pan, off the heat. Meanwhile, pop the **broccoli** on another tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, set aside. When the **carrots** are halfway through cooking, roast the **broccoli** on the top shelf of the oven until slightly crispy, 10-12 mins.



5. Make the Sauce

While the **lamb** rests, add a drizzle more **oil** to the pan if it looks dry and turn the heat to medium-low. Add the **shallots** and cook, stirring occasionally, until softened, 3-4 mins. Pour in the **water** (see ingredients for amount), **red wine stock pot** and **redcurrant jelly**. Bring to the boil, stirring to dissolve the **stock** and **jelly**, then lower the heat and simmer until thickened slightly, 4-5 mins.



3. Prep

Meanwhile, halve, peel and finely slice the **shallot**. Roughly chop the **chervil** (stalks and all). Season the **lamb steaks** on both sides with **salt** and **pepper**.



6. Finish and Serve

Meanwhile, remove the **roast garlic** from their skins (careful, it's hot!). Add to the **potatoes**. Add the **truffle zest** and **half** the **butter**. Mash until smooth. Season with **salt** and **pepper**. Slice the **lamb** into 4 strips. Remove the **sauce** from the heat and stir in the remaining **butter** and **half** the **chervil**. Serve the **lamb** on top, the **veggies** around and the **sauce** all over. Sprinkle on the remaining **chervil**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.