



Rosemary and Garlic Lamb Steak

with Red Wine Jus, Smashed Potatoes and Buttered Veg

32

Premium 50-55 Minutes • 3 of your 5 a day



Lamb Steak



Carrot



Garlic Clove



Dried Rosemary



Salad Potatoes



Red Wine Jus Paste
Tenderstem® Broccoli



Unsalted Butter



Coconut Milk

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

Garlic press, bowl, baking tray, frying pan, aluminium foil, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
Lamb Steak**	2	3	4
Carrot**	3	4	6
Garlic Clove**	1	2	2
Dried Rosemary	1 sachet	2 sachets	2 sachets
Salad Potatoes	350g	500g	700g
Red Wine Jus Paste 10) 14)	15g	22g	30g
Tenderstem® Broccoli**	150g	200g	300g
Unsalted Butter** 7)	10g	20g	20g

Pantry	2P	3P	4P
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	553g	100g
Energy (kJ/kcal)	1833 /438	332 /79
Fat (g)	14.5	2.6
Sat. Fat (g)	5.6	1.0
Carbohydrate (g)	42.6	7.7
Sugars (g)	13.9	2.5
Protein (g)	35.0	6.3
Salt (g)	1.18	0.21

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

Allergens

2) Nuts **7)** Milk **10)** Celery **11)** Soya **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, 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.

Contact

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The Fresh Farm

60 Worship St, London EC2A 2EZ

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Get Prepped

*The **coconut chocolate pots** will take 2-3 hours to set so we'd recommend getting them prepared earlier in the day. However, they'll still be delicious if you only leave them in the fridge for a short while. Either way, make the dessert before you start cooking your main.*

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **lamb steaks** from your fridge to bring them to room temperature. Trim and halve the **carrots** lengthways (no need to peel). Peel and grate the **garlic** (or use a garlic press).

Pop the **lamb** into a large bowl with the **garlic**, **dried rosemary** and **olive oil for the marinade** (see pantry for amount). Coat well, then set aside.



Make the Jus

Put a large saucepan of **water** with **½ tsp salt** on to boil for the **veg**.

While the **lamb** rests, pop the (now empty) frying pan back on medium-high heat. Pour in the **water for the sauce** (see pantry for amount). Bring to the boil, then stir in the **red wine jus paste**.

Lower the heat slightly, then bubble until glossy and reduced by half, 5-6 mins. Remove from the heat.



Roast the Potatoes

Halve the **salad potatoes** widthways and pop 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.

After 20 mins, remove them from the oven. Use the bottom of a bowl or pan to lightly crush each **potato half**. Drizzle the **smashed potatoes** with more **oil** and return to the top shelf until crispy and golden, 10-15 mins.



Cook the Veg

Meanwhile, add the **carrots** to the pan of **boiling water** and cook for 2-3 mins.

Add the **broccoli**, then cook the veg until just tender, 2-3 mins.

Once cooked, drain in a colander and pop back into the pan. Add the **butter**, season with **salt** and **pepper**, then toss to coat.



Fry the Lamb

Once the **smashed potatoes** are back in the oven, heat a large frying pan on medium-high heat (no oil). Season the **lamb steaks** with **salt** and **pepper**. When hot, lay them into the pan and fry until browned all over, 8-10 mins total (for medium-rare). Turn every 2 mins. Turn the heat down if needed. **TIP:** Cook each side for 1-2 min more if you like it more well done.

Once cooked, transfer to a plate and leave to rest, covered loosely with foil. Set the pan aside. **IMPORTANT:** Wash your hands and equipment after handling raw lamb. It's safe to eat when browned on the outside.



Finish and Serve

When everything's ready, thinly slice the **lamb** and transfer to your serving plates.

Serve the **smashed potatoes** and **veg** alongside. Spoon over the **red wine jus** to finish.

Enjoy!



Coconut Chocolate Pot Dessert with Salted Caramel and Pecan Nut Topping

Prep Time: 5-10 Minutes • Chill Time: 2-3 Hours

32



Coconut Milk



Chocolate Chips



Pecan Nut Halves



Salted Caramel

Pantry Items
Salt

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, cling film and bowl.

Ingredients

Ingredients	Quantity
Coconut Milk	200ml
Chocolate Chips 11	100g
Pecan Nut Halves 2	25g
Salted Caramel 7	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	183g	100g
Energy (kJ/kcal)	2564 /613	1405 /336
Fat (g)	44.6	24.4
Sat. Fat (g)	29.1	16.0
Carbohydrate (g)	44.2	24.2
Sugars (g)	40.2	22.0
Protein (g)	6.5	3.5
Salt (g)	0.32	0.17

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

Allergens

2) Nuts 7) Milk 11) Soya

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Mix and Melt

Pour the **coconut milk** into a medium pan and pop onto medium high heat. Bring to the boil and simmer for 1 min.

Remove from the heat and immediately add the **chocolate chips** and a pinch of **salt**.

Allow to sit for 1 min, then stir the **coconut milk** and **chocolate** together until the **chocolate** is melted and everything is completely combined.

On Your Marks, Get Set...

Pour the **coconut chocolate mixture** into appropriately sized glasses/ramekins.

TIP: Put these in the fridge at the beginning of the recipe if you're in a rush.

Cover with cling film and pop into the fridge to set - this will take 2-3 hours if you want them fully set, but they'll still be delicious if you eat them immediately or in an hour.

Finish and Serve

When you're ready to serve, remove your **chocolate pots** from the fridge.

Roughly chop the **pecans** then pop them into a small bowl.

Pour the **salted caramel** over the **nuts** and mix to combine. Spoon the **salted caramel nuts** on top of each **chocolate pot** and then serve.

Enjoy!