



Lamb Shank and Dauphinoise Potatoes

with Garlicky Green Beans and Red Wine Jus

N° 13

PREMIUM 40 Minutes • 1 of your 5 a day



Potato



Lamb Shank



Echalion Shallot



Garlic Clove



Green Beans



Crème Fraîche



Hard Italian Style Grated Cheese



Redcurrant Jelly



Red Wine Stock Pot

Before you start

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

Basic cooking tools, you will need:

Two Saucepans, Colander, Fine Grater (or Garlic Press), Ovenproof Dish and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Reserved Potato Water for Sauce*	100ml	150ml	200ml
Lamb Shank 10 **	2	3	4
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Green Beans**	1 small pack	1 large pack	2 small packs
Crème Fraîche 7 **	150g	225g	300g
Hard Italian Style Grated Cheese 7 8 **	1 pack	2 packs	2 packs
Redcurrant Jelly	1 pot	2 pots	2 pots
Red Wine Stock Pot 14	½ pot	1 pot	1 pot

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	782g	100g
Energy (kJ/kcal)	4100/980	525/125
Fat (g)	62	8
Sat. Fat (g)	34	4
Carbohydrate (g)	56	7
Sugars (g)	13	2
Protein (g)	50	6
Salt (g)	2.29	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **10)** Celery **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. Prep the Potato

Bring a large saucepan of **water** to the boil with ½ tsp **salt** and preheat your oven to 220°C. Slice the **potatoes** into 1cm wide slices (no need to peel). Add them to your boiling water and simmer until tender, 8-12 mins. **TIP:** *The potatoes are cooked when you can easily slip a knife through them.* Once cooked, reserve some of the **potato cooking water** (see ingredient list for how much you need), then drain in a colander.



4. Finish the Gratin

Lay the cooked **potato slices** in layers in an appropriately sized ovenproof dish, then pour over the **creamy mixture**. Bang the dish carefully a couple of times on a hard surface to get any air bubbles out. Sprinkle the remaining **cheese** on top. Bake on the top shelf of your oven until golden brown and bubbly, 10-15 mins. **TIP:** *Put the dish on a baking tray to catch any drips.*



2. Start the Lamb

Meanwhile, open the pack with the **lamb shanks** and transfer the contents to another large saucepan. **TIP:** *Make sure you scrape out all the juice and jelly from the packet - it's your sauce!* Pop the pan onto a medium heat and cover with a lid or foil. Bring to a simmer and leave to bubble away for 15 mins. Meanwhile, halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans**.



5. Finish the Lamb

When the **lamb** has been bubbling away for 15 mins, remove the lid or foil, stir in the **redcurrant jelly** and **red wine stock pot** to dissolve them both. Bring back to the boil and, use a large spoon to baste the **lamb shanks** with the **sauce**. Simmer the **sauce** and repeat basting every 2 mins or so for 10-15 mins. The **sauce** will get stickier as it reduces and make the **lamb shanks** sticky and shiny! Increase the heat if the **sauce** doesn't thicken.



3. Potato Time!

When the potatoes are cooked and drained, pop your empty pan back on medium heat and add the **crème fraîche**, the reserved **potato water**, **half the hard Italian style cheese** and **half the garlic**. Stir to mix, bring to the boil, then remove from the heat and season with **salt** and **pepper**.



6. Beans and Serve

Meanwhile, heat a drizzle of **oil** in a frying pan on medium high heat. Add the **green beans** and season with **salt** and **pepper**. Stir fry them until charred and soft, 4-5 mins, then add the **shallot** and remaining **garlic**. Stir fry until the **shallot** is soft, 2-3 mins. Remove from the heat. When everything is ready, serve the **lamb shanks** on plates with the **potato gratin** and **beans** alongside. Spoon over the **sauce**.

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.