



# Pan-Fried Lamb Steak

with Redcurrant Sauce and Truffle and Roasted Garlic Mash

Premium 40 Minutes • Little Spice • 1 of your 5 a day

31



Garlic Clove



Chantenay Carrots



White Potato



Tenderstem Broccoli®



Echalion Shallot



Chervil



Lamb Steak



Red Wine Stock Paste



Rich Redcurrant Jelly



Truffle Zest



Butter

## Before you start

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

## Cooking tools, you will need:

Large Saucepan, Aluminum Foil, Baking Tray, Colander, Frying Pan.

## Ingredients

	2P	3P	4P
Garlic Clove**	2 cloves	3 cloves	4 cloves
Chantenay Carrots**	250g	375g	500g
White Potato**	450g	700g	900g
Tenderstem Broccoli***	150g	200g	300g
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 Paste <b>14</b>	1 sachet	1½ sachets	2 sachets
Rich Redcurrant Jelly	1 pot	1½ pot	2 pots
Truffle Zest	1 sachet	1½ sachets	2 sachets
Butter <b>7</b> **	30g	45g	60g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>625g</b>	<b>100g</b>
Energy (kJ/kcal)	2443 /584	391 /93
Fat (g)	19	3
Sat. Fat (g)	10	2
Carbohydrate (g)	69	11
Sugars (g)	24	4
Protein (g)	36	6
Salt (g)	2.12	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk **14**) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## 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**, 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 onto 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.



## Fry the Lamb

Heat a drizzle of **oil** in a frying pan on high heat. When it's 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, 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.**



## 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 and set aside. When the **carrots** are halfway through cooking, roast the **broccoli** on the top shelf until slightly crispy, 10-12 mins.



## 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 paste** 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.



## 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**.



## Finish and Serve

Meanwhile, remove the **roasted garlic** from their skins (careful, they're hot). Add to the **potatoes** along with the **truffle zest** and **half the butter**, then 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 **mash** with 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.