



# Tandoori Lamb Steaks

with Fruity Saffron Pilaf and Zesty Yoghurt

Premium 35 Minutes • Little Spice • 1 of your 5 a day

N° 27



Green Beans



Garlic Clove



Dried Apricots



Mint



Basmati Rice



Saffron



Chicken Stock Paste



Lamb Steak



Tandoori Masala Spice



Lemon



Greek Yoghurt



Pistachios

## Before you start

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

## Cooking tools, you will need:

Garlic Press, Saucepan with Lid, Measuring Jug, Frying Pan, Aluminum Foil, Zester, Small Bowl.

## Ingredients

	2P	3P	4P
Green Beans**	80g	100g	150g
Garlic Clove	1	2	2
Dried Apricots <b>14)</b>	40g	60g	80g
Mint**	1 bunch	1 bunch	1 bunch
Basmati Rice	150g	225g	300g
Water*	300ml	450ml	600ml
Saffron	1 sachet	2 sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Lamb Steak**	2	3	4
Tandoori Masala Spice	1 sachet	1 sachet	2 sachets
Lemon**	½	1	1
Greek Yoghurt <b>7)</b> **	75g	120g	150g
Pistachios <b>2)</b>	25g	40g	50g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	349g	100g
Energy (kJ/kcal)	2593 /620	744 /178
Fat (g)	16	5
Sat. Fat (g)	5	2
Carbohydrate (g)	79	23
Sugars (g)	14	4
Protein (g)	39	11
Salt (g)	1.60	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**2)** Nut **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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HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## 1 Prep

Trim the **green beans** then chop into thirds. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **dried apricots**. Pick the **mint leaves** from their stalks and roughly chop (discard the **stalks**).



## 2 Start the Pilaf

Heat a drizzle of **oil** in a medium saucepan on medium-high heat. Once the **oil** is hot, add the **green beans** and cook until softened, 3-4 mins, stirring occasionally. Add the **garlic** and cook for 1 min. Add the **basmati rice** and **dried apricots** and stir together. Pour in the **water** (see ingredient list for amount) then stir in the **saffron** and **chicken stock paste**.



## 3 Season the Lamb

Bring to the boil then reduce the heat to medium-low to simmer. Cover with a lid (or tin foil) and cook for 10 mins. Then remove from the heat and leave (still covered) for another 10 mins, or until the rest of the meal is ready. The **rice** will finish cooking in its own steam. Pop the **lamb steaks** onto a plate, coat in the **tandoori masala spice** and season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



## 4 Lamb Time

Heat a drizzle of **oil** in a large frying pan on a medium-high heat. When hot, lay the **lamb steaks** into the pan and fry for 3-5 mins on each side (we like ours medium-rare). Adjust the heat slightly if necessary. **TIP:** Cook for a few more mins if you prefer yours more well done. When cooked, remove to a plate and leave to rest, covered loosely with foil. **IMPORTANT:** The lamb is cooked when browned on the outside.



## 5 Finish Off

Meanwhile, zest the **lemon** (see ingredients for amount) and cut into **wedges**. Pop the **Greek yoghurt** into a small bowl with the **lemon zest**. Season with **salt** and **pepper**, mix well. Remove the **pistachios** from their shells then roughly chop.



## 6 Finish and Serve

Once everything is ready, pop **half** the **mint** into the **pilaf** and fluff with a fork. Slice the **lamb**. Share the **pilaf** between your plates and top with the **lamb**. Drizzle over the **zesty yoghurt** and sprinkle on the **pistachios** and remaining **mint**. Serve with **lemon wedges** alongside.

## 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.