



GREEK-STYLE FETA & OREGANO LAMB STEAK

with Roasted Potatoes



Master caramelised onions



Potato



Green Beans



Garlic



Red Onion



Oregano



Feta



Lamb Leg Steak

- Hands-on: 25 mins
- Ready in: 35 mins
- Low calorie

A warm bed of golden potatoes makes the perfect base for a mouth-watering lamb steak with all the trimmings. Tender strips of lamb leg steak are covered in caramelised onions, oregano and snowflakes of crumbled feta. Now, if that doesn't sound like heaven on earth, we don't know what does!

Pantry Staples: Olive Oil, Butter, Balsamic Vinegar, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper**
- **medium frying pan**



1 ROAST THE POTATO

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. **TIP:** *Cut the potato to the correct size so it cooks in the allocated time.* Place the **potato**, a **drizzle of olive oil** and a **pinch of salt** and **pepper** on an oven tray lined with baking paper. Toss to coat, then roast until tender, **20-25 minutes**.



2 GET PREPPED

While the potato is roasting, trim the **green beans**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **red onion**. Pick and finely chop the **oregano** leaves. In a small bowl, combine the **feta** (see ingredients list) and **oregano** and set aside.



3 COOK THE GREEN BEANS

In a medium frying pan, heat **1/2 the butter** and a **drizzle of olive oil** over a medium-high heat. **TIP:** *The oil stops the butter from burning.* Add the **green beans** and cook until tender, **3-4 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a plate and cover to keep warm.



4 COOK THE STEAK

Return the pan to a high heat with a **drizzle of olive oil**. Season the **lamb leg steaks** on both sides with **salt** and **pepper**. Once the pan is very hot, add the **lamb** and cook for **2 minutes** on each side for medium-rare (depending on thickness), or **3 minutes** for well done. Transfer to a plate to rest.



5 CARMELISE THE ONIONS

While the lamb is resting, return the pan to a medium-high heat and melt the **remaining butter** with a **drizzle of olive oil**. Add the **onion** and cook, stirring, until softened, **4-5 minutes**. Add the **balsamic vinegar**, **brown sugar**, and **water** and mix well. Cook until dark and sticky, **3-4 minutes**.



6 SERVE UP

Thinly slice the steak. Divide the potatoes, green beans and the lamb steak between plates. Top with the caramelised onion and the feta and oregano topping.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
green beans	1 bag (200g)	1 bag (400g)
garlic	1 clove	2 cloves
red onion	1	2
oregano	1 bunch	1 bunch
feta	½ block (25g)	1 block (50g)
butter*	20g	40g
lamb leg steak	1 packet	2 packets
balsamic vinegar*	4 tsp	2½ tbs
brown sugar*	1½ tsp	1 tbs
water*	2 tsp	4 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2140kJ (511Cal)	367kJ (88Cal)
Protein (g)	43.6g	7.5g
Fat, total (g)	18.7g	3.2g
- saturated (g)	10.4g	1.8g
Carbohydrate (g)	37.5g	6.4g
- sugars (g)	7.8g	1.3g
Sodium (g)	262mg	45mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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