



Lamb Steaks and Black Garlic Butter

with Crushed Crispy Potatoes and Roasted Cabbage Wedges

Premium 45 Minutes • 1 of your 5 a day

30



Salad Potatoes



Lamb Steak



Unsalted Butter



Flat Leaf Parsley



Sweetheart Cabbage



Black Garlic Cloves



Panko Breadcrumbs

Before you start

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

Cooking tools, you will need:

Kettle, Saucepan, Small Bowl, Large Frying Pan, Fork, Large Spoon, Colander, Baking Tray and Potato Masher.

Ingredients

	2P	3P	4P
Salad Potatoes**	350g	500g	700g
Lamb Steak**	2	3	4
Unsalted Butter**	30g	40g	60g
7)			
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Sweetheart Cabbage**	1	2	2
Black Garlic Cloves	1 pot	1 ½ pots	2 pots
Panko			
Breadcrumbs 13)	10g	25g	25g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	625g	100g
Energy (kJ/kcal)	2181 /521	349 /83
Fat (g)	19	3
Sat. Fat (g)	10	2
Carbohydrate (g)	44	7
Sugars (g)	16	3
Protein (g)	37	6
Salt (g)	0.17	0.03

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

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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1 Get Prepped

Boil your kettle. Preheat your oven to 220°C. Pour the boiling **water** into a medium saucepan on high heat with **½ tsp** of **salt**. Add the whole **potatoes** to the boiling **water** and cook until you can just slip a knife through them, 10-15 mins. **TIP: Halve any larger potatoes.** Meanwhile, remove your **lamb steaks** and **butter** from your fridge to allow them to come up to room temperature. Roughly chop the **parsley** (stalks and all).



4 Char your Cabbage

When the **potatoes** have been in your oven for about 10 mins, pop your frying pan back on medium-high heat and add a drizzle of **oil**. When hot, add the **cabbage quarters** and cook until golden brown, 3-4 mins each cut side. Then pop onto a large baking tray and roast on the middle shelf of your oven until tender, 9-10 mins.



2 Finish the Prep

Meanwhile, quarter the **sweetheart cabbage** lengthways. Pop the **butter** into a small bowl and add the **black garlic cloves** and **half** the **parsley**. Use a fork to mash the **garlic cloves** into the **butter**. Season with a pinch of **salt** then keep to one side. Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once the **oil** is hot, add the **breadcrumbs**. Season with **salt** and **pepper** and fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP: Watch them like a hawk as they can burn easily.** Once cooked, transfer the **toasted crumbs** to a bowl and add the remaining **parsley**. Stir again and set aside.



5 Fry the Lamb

Meanwhile, pop your frying pan back on high heat and add a drizzle of **oil**. When hot, lay the **lamb steaks** into the pan, season with **salt** and **pepper** and fry until browned all over, 8-10 mins total (for medium-rare). Turn every 2 mins. **TIP: Cook for 2-3 mins extra if you prefer yours well done.** When cooked, transfer to a plate and leave to rest, covered loosely with foil. **IMPORTANT: Wash your hands and equipment after handling raw meat. The lamb is cooked when browned on the outside.**



3 Roast the Potatoes

Once the **potatoes** are cooked, drain in a colander. Pop them on a large baking tray. Drizzle with **oil**, season with **salt**, then toss to coat. Spread out in a single layer. Use the back of a large spoon or potato masher to gently crush each **potato**. When the oven is hot, roast on the top shelf of your oven until crispy, 25-30 mins. Turn halfway through.



6 Serve

Serve your **cabbage** and **potatoes** onto plates. Sprinkle the **crumb** over the **cabbage**. Thinly slice your **lamb** and pop onto your plates. Spread over the **black garlic butter**.

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.