



SEARED LAMB STEAK

with Potato Mash & Mint Sauce



Make your own
mint sauce



Potato



Carrot



Broccoli



Garlic



Lamb Leg
Steak



Mint

Hands-on: **30** mins
Ready in: **45** mins

Known as the salmon of the land, these lean lamb steaks and vitamin-packed sides become the perfect guilt-free dinner without skimping on the flavour. Top it off with a drizzle of buttery mint sauce for a herby hit of heaven!

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **large frying pan** • **medium saucepan**



1 MAKE THE POTATO MASH

Boil the kettle. Bring a large saucepan of water to the boil. Peel and cut the **potato** into 2cm chunks. Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return the **potato** to the saucepan. Add **1/2** the **butter** and **salt** and mash using a potato masher or fork until smooth. Cover with a lid to keep warm.



2 PREP THE VEGGIES

Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **garlic** (or use a garlic press).



3 COOK THE VEGGIES

In a large frying pan, heat a **drizzle** of **olive oil** over a medium heat. Add the **carrot** and **broccoli** and cook until tender, **5-6 minutes**. **TIP:** Add a splash of water to help the veggies cook evenly. Add the **garlic** and cook until fragrant, **2 minutes**. Season to taste with **salt** and **pepper**. Set aside in a bowl and cover to keep warm.



4 COOK THE LAMB

Return the frying 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 (depending on thickness). **TIP:** This will give you a medium-rare lamb steak. Cook for a little less if you like it rare, or a little longer for well done. Transfer to a plate, cover with foil and set aside to rest, **5 minutes**.



5 MAKE THE MINT SAUCE

Pick the **mint** leaves and finely chop. Return the frying pan to a medium heat and add the **remaining butter**. Add the **mint** and cook for **2-3 minutes**. Season to taste with **salt** and **pepper**. Add lamb **resting juices** and stir through.



6 SERVE UP

Thinly slice the lamb. Divide the seared lamb, potato mash and garlic veggies between plates. Spoon over the mint sauce.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
butter*	50 g	100 g
salt*	¼ tsp	½ tsp
carrot	1	2
broccoli	1 head	2 heads
garlic	1	2
lamb leg steak	1 packet	1 packet
mint	1 bunch	1 bunch

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2450kJ (585Cal)	402kJ (96Cal)
Protein (g)	41.4g	6.8g
Fat, total (g)	30.7g	5.0g
- saturated (g)	18.0g	3.0g
Carbohydrate (g)	31.9g	5.2g
- sugars (g)	6.8g	1.1g
Sodium (g)	567mg	93mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

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