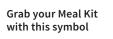
with Mash, Garlic Greens & Almonds

GOURMET PLUS











Potato

Green Beans





Garlic

Black Peppercorns

**Baby Spinach** 

Lamb Backstrap



**Gravy Granules** 

Flaked Almonds



Mint Sauce



Prep in: 25-35 mins Ready in: 30-40 mins



Calorie Smart

You can't go wrong with this satisfying lamb dinner. A succulent lamb backstrap is partnered with buttery potato mash and flavourful garlicky greens. Top it off with a generous drizzle of peppercorn gravy and a sprinkle of flaked almonds.

**Pantry items** 

Olive Oil, Milk, Butter

#### Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Medium saucepan with a lid · Large frying pan

#### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
milk*	2 tbs	1/4 cup
butter*	40g	80g
green beans	1 medium bag	2 medium bags
garlic	2 cloves	4 cloves
black peppercorns	1 sachet	2 sachets
lamb backstrap	1 small packet	2 small packets OR 1 large packet
baby spinach leaves	1 small bag	1 medium bag
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup
flaked almonds	1 medium packet	1 large packet
mint sauce	1 packet (40g)	2 packets (80g)

#### \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2376kJ (568Cal)	442kJ (106Cal)
Protein (g)	41g	7.6g
Fat, total (g)	29.2g	5.4g
- saturated (g)	15.2g	2.8g
Carbohydrate (g)	40.6g	7.6g
- sugars (g)	17.6g	3.3g
Sodium (mg)	557mg	104mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## Fancy a drop?

We recommend pairing this meal with Bordeaux or Chianti



#### Make the mash

- Bring a medium saucepan of lightly salted water to the boil.
- Peel potato and cut into bite-sized chunks. Cook in the boiling water until easily pierced with a fork, 12-15 minutes.
- Drain and return to saucepan. Add the **milk** and the **butter**, then season with **salt**.
- Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!



## Get prepped

- Meanwhile, trim green beans.
- Finely chop garlic.
- Crush **black peppercorns** using a pestle and mortar or in their sachet using a rolling pin.
- Pat lamb backstrap dry with paper towel, then drizzle with olive oil and season with salt on each side.



#### Cook the lamb

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook lamb for 7-8 minutes on each side for medium or until cooked to your liking.
- Transfer to a plate to rest for 5 minutes.



## Cook the greens

- While lamb is resting, return pan to medium-high heat with a drizzle of olive oil.
- Cook green beans, tossing regularly, until tender, 4-5 minutes.
- Add baby spinach leaves and half the garlic and cook, stirring, until fragrant and spinach is just wilted, 1 minute. Season, then transfer to serving plates.

**TIP:** Cook the green beans with a dash of water to help speed up the cooking process!



# Make the gravy

- Boil the kettle.
- Return frying pan to medium-high heat with a drizzle of olive oil. Cook crushed peppercorns and remaining garlic, stirring, until fragrant,
  1 minute. Remove pan from heat.
- Transfer peppercorn-garlic mixture to a medium heatproof bowl, then add gravy granules and the boiling water (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, 1 minute. Stir in any lamb resting juices.



## Serve up

- Slice the seared lamb.
- Divide lamb and mash between the plates with the garlic greens.
- Pour peppercorn gravy over lamb. Sprinkle with flaked almonds.
- · Serve with mint sauce. Enjoy!

