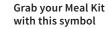
Seared Lamb & Pepper Gravy with Mash, Garlic Greens & Almonds

GOURMET PLUS









Potato



Green Beans





Garlic

Lamb Backstrap



Baby Spinach

Gravy Granules





Flaked Almonds

Mint Sauce



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



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 \cdot 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 packet	2 medium packets
garlic	2 cloves	4 cloves
lamb backstrap	1 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 small packet	1 medium packet
cracked black pepper*	1 tsp	2 tsp
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 medium packet	2 medium packets
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2353kJ (562Cal)	439kJ (105Cal)
Protein (g)	40.8g	7.6g
Fat, total (g)	29.1g	5.4g
- saturated (g)	15.1g	2.8g
Carbohydrate (g)	39.8g	7.4g
- sugars (g)	17.6g	3.3g
Sodium (mg)	556mg	104mg
Dietary Fibre (g)	8.7g	1.6g

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 Shiraz or Pinot noir



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 potato to saucepan. Add the milk and 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.
- 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 frying 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 the cracked black pepper and remaining garlic, stirring, until fragrant, 1 minute. Remove pan from heat.
- Transfer pepper-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 seared lamb.
- Divide lamb and mash between the plates with the garlic greens.
- Pour pepper gravy over lamb. Sprinkle with **flaked almonds**.
- Serve with mint sauce. Enjoy!

