



# Seared Lamb & Pepper Gravy

with Mash, Garlic Greens & Almonds

GOURMET PLUS

Grab your Meal Kit with this symbol



Potato



Green Beans



Garlic



Lamb Backstrap



Baby Spinach Leaves



Gravy Granules



Flaked Almonds



Mint Sauce

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

Carb 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, Cracked Black Pepper

## 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>milk*</b>	2 tbs	¼ cup
<b>butter*</b>	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
<b>cracked black pepper*</b>	1 tsp	2 tsp
gravy granules	1 medium sachet	1 large sachet
<b>boiling water*</b>	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](https://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!

## We're here to help!

Scan here if you have any questions or concerns



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