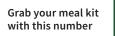


# Lamb Backstrap & Frites with Café De Paris Butter & Sautéed Greens

FRENCH FLAIR









Potato



Green Beans

Parsley

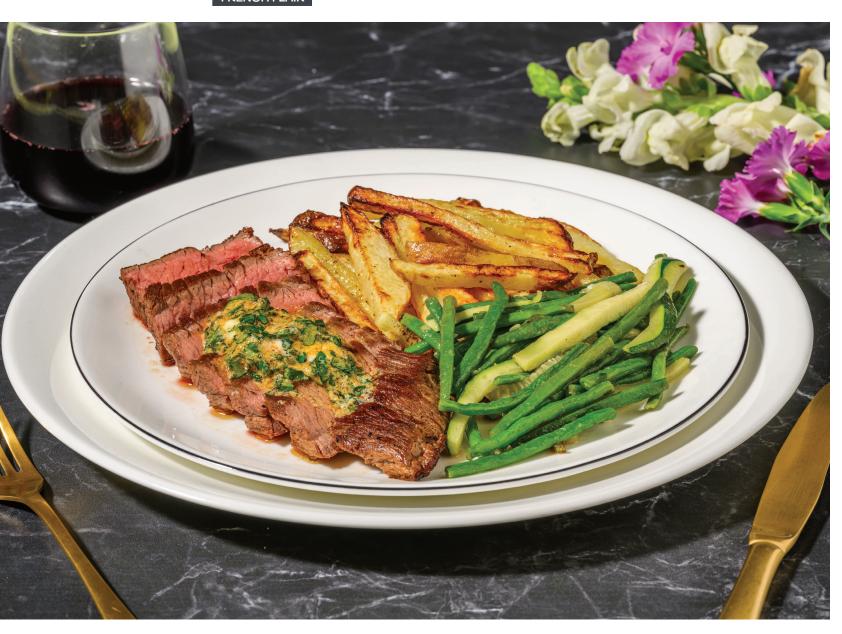
Lamb Backstrap



Paprika Spice Blend



Dijon Mustard



Prep in: 20-30 mins Ready in: 35-45 mins

Carb Smart



Indulge in this French-inspired meat and veg; featuring rich lamb, vibrant veggies and crisp 'frites' or fries. Pair tender lamb with home-made Café de Paris butter - far from a basic condiment, its complex blend of herbs and spices is the ideal creamy accompaniment to this decadent dish.



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

#### You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
zucchini	1	2
green beans	1 medium packet	2 medium packets
garlic	3 cloves	6 cloves
parsley	1 packet	1 packet
butter*	30g	60g
lamb backstrap	1 medium packet	2 medium packets OR 1 large packet
paprika spice blend	1 sachet	2 sachets
Dijon mustard	½ packet	1 packet
* Dantry Itoms		

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1785kJ (427cal)	178kJ (43cal)
Protein (g)	41.5g	4.1g
Fat, total (g)	16.9g	1.7g
- saturated (g)	5.6g	0.6g
Carbohydrate (g)	30.4g	3g
- sugars (g)	8.9g	0.9g
Sodium (mg)	556mg	55.5mg
Dietary Fibre (g)	10g	1g

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 Pinot Noir or Grenache



#### Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut **potato** into thin fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.

**TIP:** If your oven tray is crowded, divide the fries between two trays.



# Get prepped

- · Meanwhile, thinly slice zucchini into sticks.
- Trim green beans.
- Finely chop garlic and parsley.
- To a small bowl, add the **butter** and allow to come to room temperature.



# Sauté the greens

- In a large frying pan, heat a drizzle of olive oil over high heat.
- Cook zucchini and green beans, tossing, until tender, 4-5 minutes.
- Add half the garlic and cook until fragrant,
   1 minute. Transfer to a bowl. Season with salt and pepper and cover to keep warm.



#### Cook the lamb

- Return frying pan to medium-high heat with a drizzle of olive oil.
- Season lamb backstrap on both sides.
- Cook lamb for 7-8 minutes each side for medium, or until cooked to your liking.
- In the last minute of cook time, add half the paprika spice blend to lamb, turning to coat.
   Transfer to a plate to rest for 5 minutes.



## Make the Café de Paris butter

 While lamb is resting, to bowl with butter, add parsley, Dijon mustard (see ingredients), the remaining garlic and remaining paprika spice blend. Mash to combine



#### Serve up

- Slice lamb.
- Divide lamb backstrap, frites and sautéed greens between plates.
- Top lamb with Café de Paris butter to serve. Enjoy!

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