

Lamb Backstrap & Frites

with Café De Paris Butter & Sautéed Greens

FRENCH FLAIR

Grab your meal kit
with this number

38



Potato



Zucchini



Green Beans



Garlic



Parsley



Lamb Backstrap




Paprika Spice Blend



Dijon Mustard

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

 Protein Rich

 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.

Pantry items

Olive Oil, Butter

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

*Pantry Items

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, fries and sautéed greens between plates.
- Top lamb with Café de Paris butter to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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