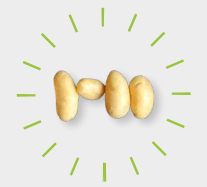




# GREEK LAMB STEAKS

with Parsley Butter & Feta Smashed Potato



Make feta  
smashed potatoes



Potato



Garlic



Parsley



Courgette



Baby Spinach  
Leaves



Lemon



Chicken Stock



Feta



Flaked Almonds



Lamb Leg  
Steaks

**Pantry Staples:** Olive Oil, Butter,

Hands-on: **30** mins  
Ready in: **35** mins

Experience the tastes of the Mediterranean without leaving the house as you enjoy these juicy lamb steaks that use warm parsley butter to add a delicious, herby hit. Our trick of adding feta cheese to lightly smashed potatoes will change the way you prefer your potatoes forever!

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **medium saucepan** • **large frying pan**



## 1 GET PREPPED

Bring a medium saucepan of lightly salted water to the boil. Cut the **potato** (unpeeled) into 2cm chunks. **TIP:** *Cut the potato to the correct size so it cooks in the allocated time.* Finely chop the **garlic** (or use a garlic press). Pick and roughly chop the **parsley** leaves. Thinly slice the **courgette** into half-moons. Roughly chop the **baby spinach leaves**. Zest the **lemon** (see ingredients list) to get a **generous pinch**, then juice.



## 2 MAKE THE SMASHED POTATO

Add the **potato** to the boiling water. Cook until easily pierced with a knife, **12-15 minutes**, then drain. Return the saucepan to a medium-high heat, add **1/2 the butter** and **1/2 the garlic** and cook, stirring, until fragrant, **1 minute**. Add the **lemon juice** (**2 tsp for 2 people / 4 tsp for 4 people**), lemon zest, crumbled **chicken stock** (**1 cube for 2 people / 2 cubes for 4 people**) and the **water** (for the dressing) and bring to the boil. Remove from the heat. Add the potato to the sauce in the pan and gently crush with a potato masher or fork. Crumble in the **feta**. Cover to keep warm.



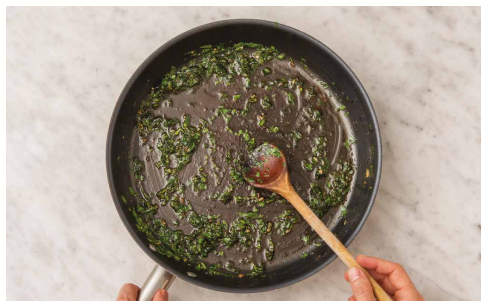
## 3 COOK THE GREENS

While the potato is cooking, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **courgette** and cook, tossing regularly, until tender, **3-4 minutes**. Add the **baby spinach leaves** and cook until just wilted, **1-2 minutes**. Season with a **pinch of salt and pepper** and a **squeeze of lemon juice**. Transfer to a bowl and cover to keep warm.



## 4 COOK THE LAMB

Return the large frying pan to a high heat. **Drizzle** the **lamb steaks** with **olive oil** and season with **salt and pepper** on both sides. When the pan is very hot, add the lamb and cook for **2 minutes** each side for medium-rare (depending on thickness), or **3 minutes** for well done. Transfer to a plate, cover with foil and set aside to rest for **5 minutes**.



## 5 MAKE THE PARSLEY BUTTER

While the lamb is resting, return the frying pan to a medium heat with a **drizzle of olive oil** and the **remaining butter**. Add the **remaining garlic** and **parsley** and cook, stirring, until fragrant, **1-2 minutes**. Remove from the heat and stir through any **resting juices** from the lamb. Season to taste with **salt and pepper**.



## 6 SERVE UP

Divide the lamb steaks, feta smashed potato and greens between plates. Spoon the parsley butter over the lamb. Sprinkle the flaked almonds over the green beans.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
garlic	3 cloves	6 cloves
parsley	1 bunch	1 bunch
courgette	1	2
baby spinach leaves	1 bag (30 g)	1 bag (60 g)
lemon	1/2	1
butter*	80 g	160 g
chicken stock	1 cube	2 cubes
feta	1 block (50 g)	1 block (100 g)
flaked almonds	1 packet	2 packets
lamb leg steaks	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3600kJ (860Cal)	682kJ (163Cal)
Protein (g)	44.6g	8.5g
Fat, total (g)	65.1g	12.3g
- saturated (g)	32.3g	6.1g
Carbohydrate (g)	22.4g	4.2g
- sugars (g)	3.5g	0.7g
Sodium (g)	543mg	103mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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