



# ROSEMARY GARLIC LAMB STEAK

with Cauliflower-Cheddar Mash & Green Beans



Make a rosemary and garlic infused sauce



Cauliflower



Potato



Green Beans



Garlic



Rosemary



Shredded Cheddar Cheese



Lamb Leg Steak

Hands-on: **25-35 mins**  
Ready in: **30-40mins**

Low calorie

Simple, easy and stunning - they are the buzzwords for tonight's dinner. Tender lamb gets a rich rosemary sauce, while classic mash gets a nutritious and tasty upgrade with cauliflower and Cheddar cheese. One taste of this special meal and you'll be buzzing too!

**Pantry Staples:** Olive Oil, Butter

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **medium frying pan**



### 1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Cut the **cauliflower** into 1cm florets. Peel the **potato** and cut into 1cm chunks. Trim the **green beans**. Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **rosemary** leaves.



### 2 MAKE THE CAULIFLOWER MASH

Add the **cauliflower** and **potato** to the pan of boiling water and cook until soft and easily pierced with a knife, **15 minutes**. Drain well and return to the saucepan. Add the **salt** and **1/2 the butter** to the cauliflower and potato. Mash with a potato masher or fork until smooth. Stir through the **shredded Cheddar cheese** and cover with a lid to keep warm.



### 3 COOK THE GREEN BEANS

While the cauliflower and potato are cooking, heat a medium frying pan over a medium-high heat. Add the **green beans** and a **dash of water** and cook, tossing, until just tender, **3-4 minutes**. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



### 4 COOK THE STEAK

Return the frying pan to a high heat. **Drizzle** the **lamb leg steak** with **olive oil** and season with a **pinch of salt** and **pepper**. Add the **lamb** to the pan and cook for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. **TIP:** This will give you a medium steak. Cook for a little less for rare, or a little longer for well done. Transfer to a plate and rest for **5 minutes**.



### 5 MAKE THE SAUCE

Return the frying pan to a medium heat and add the **garlic**, **rosemary** and **remaining butter**. Cook until the butter is lightly browned and the rosemary is fragrant, **1 minute**. **TIP:** Watch to make sure the butter doesn't burn. Add the steak **resting juices**, stir to combine and cook until thickened, **1 minute**. Remove the pan from the heat. **TIP:** Seasoning is key in this sauce, so taste and add a pinch of salt or pepper if needed.



### 6 SERVE UP

Thinly slice the lamb steak. Divide the lamb, cauliflower-Cheddar mash and green beans between plates. Spoon over the rosemary garlic sauce to serve.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
potato	2	4
green beans	1 bag (100g)	1 bag (200g)
garlic	1 clove	2 cloves
rosemary	1 bunch	1 bunch
salt*	½ tsp	1 tsp
butter*	40g	80g
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
lamb leg steak	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2230kJ (532Cal)	396kJ (95Cal)
Protein (g)	48.5g	8.6g
Fat, total (g)	36.1g	6.4g
- saturated (g)	21.3g	3.8g
Carbohydrate (g)	20.5g	3.7g
- sugars (g)	5.4g	1.0g
Sodium (g)	886mg	158mg

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  
[Hello@HelloFresh.co.nz](mailto:Hello@HelloFresh.co.nz)

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