



Irish Lamb Steak and Creamy Sage Sauce

with veg and creamy mash

35 – 40 mins

13



Lamb Steak



Potatoes



Creme Fraiche



Sage



Green Beans



Shallot



Balsamic Vinegar



Stock



Carrot

Pantry Items: Oil, Butter, Salt, Pepper, Milk (Optional), Water



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Colander, pan with lid, peeler, pot with lid, potato masher

Ingredients

	2P	4P
Lamb Steak	320 g	640 g
Potatoes	600 g	1200 g
Creme Fraiche	65 g	110 g
Sage	10 g	20 g
Green Beans	75 g	150 g
Shallot	1 unit	2 units
Balsamic Vinegar	1 sachet	2 sachets
Stock	1 sachet	2 sachets
Carrot	1 unit	2 units

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	430 kJ/ 103 kcal
Fat (g)	4.4 g
Sat. Fat (g)	2.3 g
Carbohydrate (g)	10.4 g
Sugars (g)	1.7 g
Protein (g)	6 g
Salt (g)	0.4 g

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels. Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs

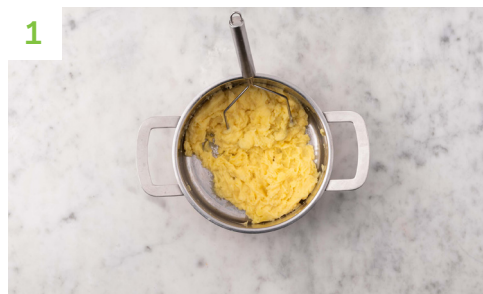
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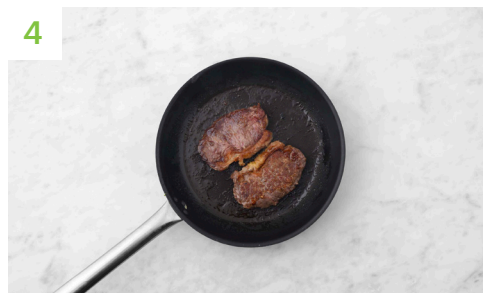


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1 Make the Mash

- Boil a pot of **water** for the veg with **half the stock**.
- Peel and chop the **potatoes** into 2cm chunks. Place them in a separate pot.
- Cover with **water**, season with **salt**, bring to the boil and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander (reserving some cooking **water**) and return to the pot off the heat.
- Add a knob of **butter** and a splash of **milk** or cooking **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



4 Fry the Lamb

- Place a large pan over high heat with a drizzle of **oil**.
- Season the **lamb** with **salt** and **pepper**.
- Once the **oil** is hot, fry the **lamb** until browned, 3-4 mins each side for medium-rare.
- Cook for another 2-3 mins on each side if you want it well-done.
IMPORTANT: Wash hands and equipment after handling raw meat and its packaging. Meat is safe to eat when the outside is browned.
- Once cooked, transfer to a board, cover and allow to rest before slicing.



2 Get Prepared

- Meanwhile, trim the **green beans**.
- Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.
- Halve, peel and chop the **shallot** into small pieces.
- Pick the **sage leaves** and roughly chop (discard the stalks).



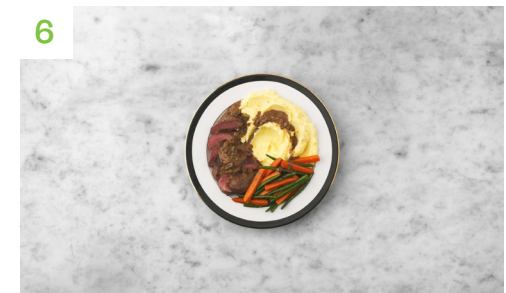
5 Simmer the Sauce

- Return the pan to medium-high heat with a drizzle of **oil**.
- Add the **shallot** and cook until softened, 3-4 mins.
- Add the **sage** then fry for 1 min more.
- Deglaze with the **balsamic vinegar** and add the **creme fraiche**, remaining **stock** and 50ml **water**.
- Simmer until smooth, 2-3 mins.



3 Cook the Veg

- When the **water** is boiling, add the **green beans** and **carrot** to the pot with the **stock**.
- Cook until just tender, 4-6 mins.
- Drain in a colander, then return to the pot, off the heat.
- Season with **salt** and **pepper** and drizzle with **oil**. Set aside and cover to keep warm.



6 Finish and Serve

- Thinly slice the **lamb** and divide between plates.
- Drizzle over the sauce.
- Serve with the mash and veg alongside.

Enjoy !