



# Dijon Lamb Chops

with Smashed Potatoes and Candied Walnut Veggies

Special Plus

45 Minutes



Lamb, Loin Chops



Yellow Potato



Green Beans



Sugar Snap Peas



Shallot



Walnuts, chopped



Gravy Spice Blend



Brown Sugar



Chicken Broth Concentrate



Dijon Mustard



Garlic Salt

HELLO DIJON MUSTARD

*A style of prepared mustard originating from, you guessed it, Dijon, France!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, colander, measuring spoons, potato masher, small non-stick pan, aluminum foil, spatula, parchment paper, measuring cups, large pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Lamb, Loin Chops	4	8
Yellow Potato	360 g	720 g
Green Beans	170 g	340 g
Sugar Snap Peas	113 g	227 g
Shallot	50 g	100 g
Walnuts, chopped	28 g	56 g
Gravy Spice Blend	2 tbsp	4 tbsp
Brown Sugar	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Dijon Mustard	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	4 tbsp	8 tbsp
Milk*	¼ cup	½ cup
Oil*		

Salt and Pepper\*

\* Pantry items

\*\* Cook to a minimum internal temperature of 63°C/145°F for medium-rare; chop size will affect doneness.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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### 1 Toast walnuts

- Heat a small non-stick pan over medium heat. While the pan heats, place a piece of parchment paper on a work surface. Measure **1 tbsp water** (dbl for 4 ppl). Set aside.
- When the pan is hot, add **walnuts**. Toast, stirring often, until light golden-brown, 3-4 min. (**TIP:** Keep your eye on walnuts so they don't burn!)
- Add **brown sugar** and **measured water**. Season with **salt**. Cook, stirring often, until **sugar** melts and a caramel-like glaze coats **walnuts**, 30 sec-1 min. Remove from heat.



### 4 Prep and cook veggies

- Meanwhile, trim, then halve **green beans**.
- Trim **snap peas**.
- Reheat the same pan over medium.
- When hot, add **green beans, snap peas** and **3 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until **veggies** are tender-crisp, 4-5 min. Add **1 tbsp butter** (dbl for 4 ppl), then toss to coat until **butter** melts.
- Remove the pan from heat, then transfer **veggies** to a plate. Cover to keep warm.
- Meanwhile, peel, then finely chop **shallot**.



### 2 Finish walnuts and cook potatoes

- Transfer **walnuts** to the parchment paper. (**NOTE:** Do not touch walnuts - they will be VERY hot.) Set aside to cool completely, 15 min.
- While **walnuts** cool, quarter **potatoes**. Add **potatoes, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min. Drain and return **potatoes** to the same pot, off heat.



### 5 Make pan sauce

- When **veggies** are done, reheat the same pan over medium. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **shallots**. Cook, stirring often, until tender, 2-3 min. Sprinkle **Gravy Spice Blend** over **shallots**. Cook, stirring often, until coated, 30 sec.
- Add **1 cup water** (1 ½ cups for 4 ppl) and **broth concentrate**. Bring to a simmer. Once simmering, cook, stirring often until **sauce** thickens slightly, 1-2 min.
- Stir in **any lamb resting juices** from the baking sheet. Season with **salt** and **pepper**, to taste.



### 3 Prep and cook lamb chops

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **lamb** dry with paper towels. Season with **half the garlic salt** and **pepper**. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **lamb**. Sear until golden-brown, 1-2 min per side.
- Transfer to an unlined baking sheet. Spread **Dijon** over tops and sides. Bake in the **top** of the oven until **lamb** is cooked to desired doneness, 6-8 min.\*\*
- Cover loosely with foil and let rest, 5 min.



### 6 Finish and serve

- Roughly mash **remaining garlic salt, ¼ cup milk** and **2 tbsp butter** (dbl both for 4 ppl) into **potatoes** until slightly smashed. Season with **pepper**, to taste.
- Divide **lamb chops, potatoes** and **veggies** between plates.
- Spoon **pan sauce** over **lamb** and **potatoes**.
- Sprinkle **candied walnuts** over **veggies**.

## Dinner Solved!