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## Chermoula Spiced Lamb with Baba Ganoush and Minted Courgette Salad

Not so long ago Head Chef Patrick headed off to Morocco for a bit of recipe reconnaissance. Winding through the back streets of a local market with the scent of wood shavings, spices and charcoal grills in the air, he discovered a hole-in-the-wall eatery that specialised in chermoula spiced lamb. See the adventure that inspired this recipe at [blog.hellofresh.co.uk/our-stories/morocco/](http://blog.hellofresh.co.uk/our-stories/morocco/)

 40 mins

 gluten free



Aubergine (2)



Onion (1)



Carrot (1)



Lamb Mince (250g)



Vegetable Stock Pot (½)



Chermoula (1 tbsp)



Cheddar Cheese (3 tbsp)



Courgette (1)



Mint (3 tbsp)



Lime (1)

## Ingredients

	2 PEOPLE	ALLERGENS
Aubergine, halved	2	
Onion, chopped	1	
Carrot, chopped	1	
Lamb Mince	250g	
Vegetable Stock Pot	½	Celery
Chermoula	1 tbsp	
Cheddar Cheese	3 tbsp	Milk
Courgette, ribbons	1	
Mint, chopped	3 tbsp	
Lime	1	

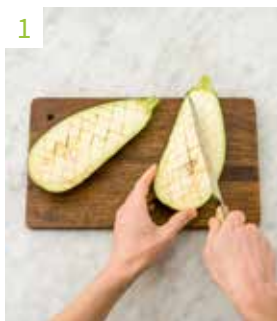
🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

## Did you know...

Chermoula is a spice blend typically used in countries like Tunisia and Morocco to give a traditional North African flavour to meat, fish and vegetable dishes.

**Nutrition per serving:** Calories: 611 kcal | Protein: 38 g | Carbs: 58 g | Fat: 36 g | Saturated Fat: 19 g

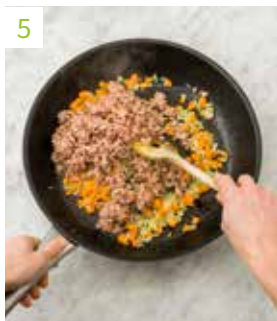
1



**1** Pre-heat your oven to 220 degrees and slice each aubergine in half lengthways. Cut deep diagonal slices 1cm apart, all along the white part of each aubergine (in criss-crosses), but avoid going all the way through the skin. Rub a light coating of olive oil all over each half, sprinkle with a pinch of salt and pepper and cook on the top shelf for 25-30 mins.

colour, then add half the vegetable stock pot, the chermoula and 4 tbsp of water. Turn the heat to medium-low again and let it cook for 5 mins before turning off the heat.

5



**2** Slice the onion in half lengthways through the root then peel off the skin. Rest the onion flat on the chopping board and slice it very thinly lengthways (but do not go through the root as this will hold it together). Turn the onion widthways and chop it finely.

**6** Once the aubergines are done (the white part should be slightly brown and very soft) remove them from the oven. Scoop out the white part (with a spoon) without damaging the skin (which you'll use as a little canoe for your filling!). Mix all the scooped part into the meat mixture, taste for seasoning and add a little more salt or water if necessary.

6



**3** Peel the carrot and slice it in half lengthways. Slice each half lengthways into ½cm strips. Now chop the carrot widthways into ½cm cubes.

**7** Fill the aubergine skins with the meat mixture, grate over the cheddar and place back on the top shelf of the oven for about 5 mins or until the tops are golden brown.

8



**4** Heat 1 tbsp of oil in a non-stick frying pan on medium-low heat and add the onion and carrot. Season with ¼ tsp of salt and a few grinds of pepper and cook gently for 5 mins.

**8** Meanwhile, peel strips of courgette using a vegetable peeler, then gently mix them in a bowl with 2 tsp of olive oil and a pinch of salt and pepper. Toss through 3 tbsp of chopped mint. Cut lime into wedges and serve as accompaniment. Enjoy!!

**5** Add the lamb mince to the pan and turn the heat to medium. Cook the lamb until it just loses its raw