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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



super  
spicy



healthy



3.5 of your  
5 a day



Aubergine (2)



Onion (1)



Carrot (1)



Lamb Mince  
(250g)



Vegetable Stock Pot  
(½)



Chermoula  
(1 tbsp)



Water (4 tbsp)



Cheddar Cheese  
(40g)



Courgette  
(1)



Mint  
(½ bunch)



Lime  
(1)

## 2 PEOPLE INGREDIENTS

- Aubergine, halved
- Onion, chopped
- Carrot, chopped
- Lamb Mince
- Vegetable Stock Pot
- Chermoula

2  
1  
1  
250g  
½  
1 tbsp

- Water
- Cheddar Cheese
- Courgette, ribbons
- Mint, chopped
- Lime

4 tbsp  
40g  
1  
½ bunch  
1



Our fruit and veggies may need a little wash before cooking!

### 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.

**Allergens:** Celery, Sulphites, Milk.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugar	Protein	Salt
Per serving	357 kcal / 1422 kJ	19 g	9 g	21 g	12 g	27 g	1 g
Per 100g	89 kcal / 355 kJ	5 g	2 g	5 g	3 g	7 g	0 g

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains Sulphites], Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.



**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.



**2** Slice the **onion** in half lengthways through the root then peel off the skin. Rest your **onion** flat on the chopping board and slice it very thinly lengthways. Turn your **onion** widthways and chop it finely.



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



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

**5** Add the **lamb mince** to the pan and turn the heat to medium. Cook your **lamb** until it just loses its raw colour, then add the **vegetable stock pot**, the **chermoula** and the **water** (amount stated in the ingredient list). Turn the heat to medium-low again and let it cook for 5 mins before turning off the heat.

**6** Once your **aubergine** is done (the white part should be slightly brown and very soft) remove from the oven. Using a spoon, scoop out the white part, without damaging the skin ( you'll use this 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 **pepper** if necessary.

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

**8** Meanwhile, peel ribbons of **courgette** using a vegetable peeler, then gently mix them in a bowl with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Toss through some chopped **mint**. Cut your **lime** into wedges and serve as an accompaniment. Enjoy!!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!