






More Than Food
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Lebanese Lamb Wraps with Minted Tzatziki and Toasted Almonds

It wasn't so very long ago that Chef Patrick found himself wandering around the marketplaces of Beirut in search of culinary inspiration. And boy did he find some! The people of Lebanon have a sense of hospitality to rival the best of them and fortunately for Patrick their greatest expression of this is in their food. 15 mins in one market and his hands were chock full of food given to him by the locals. This little number just happened to be one of them, so he felt inspired to recreate it for you. Yalla!

 30 mins

 healthy



Cucumber
(½)



Garlic Clove
(2)



Red Onion
(½)



Baby Gem Lettuce
(1)



Lemon (½)



Carrot (1)



Flaked Almonds (25g)



Cumin
(1½ tsp)



Sumac (½ tsp)



Lamb Mince
(250g)



Wholemeal Tortilla
(4)



Mint
(A few leaves)



Natural Yoghurt
(2 tbsp)

Ingredients

2 PEOPLE

ALLERGENS

Cucumber, chopped	½	
Garlic Clove, chopped	2	
Red Onion, chopped	½	
Baby Gem Lettuce	1	
Lemon	½	
Carrot, shredded	1	
Flaked Almonds	25g	Nut
Cumin	1½ tsp	
Sumac	½ tsp	
Lamb Mince	250g	
Wholemeal Tortilla	4	Gluten
Mint	A few leaves	
Natural Yoghurt	2 tbsp	Milk

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

Did you know...

Tzatziki is the name given to a creamy yoghurt based dip used in Lebanese cuisine.

Nutrition per serving: Calories: 595 kcal | Protein: 41 g | Carbs: 52 g | Fat: 24 g | Saturated Fat: 6 g

1



1 Cut the **cucumber** lengthways then each piece lengthways again, then chop into little cubes. Peel then chop the **garlic** and **red onion**. Shred the **baby gem lettuce**, zest the **lemon** and squeeze out its juice.

2



2 To shred the **carrot** cut deep slices into the **carrot** lengthways but be careful not to slice all the way through. Once you have at least five slices along the **carrot** use a peeler to peel off fine strips. **Tip:** See the picture for a bit of help!

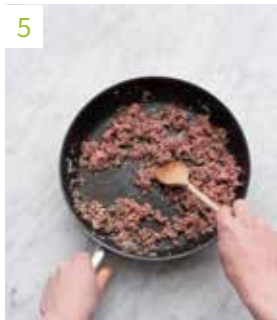
3 Heat a frying pan on high heat and toast the **flaked almonds** for 2-3 mins or until they are slightly brown. **Tip:** Watch your nuts like a hawk to make sure they don't burn! Remove from the pan and keep to the side for later.

4 Heat a splash of **olive oil** in the frying pan over medium-low heat. When hot, add the **garlic, onion, cumin** and **sumac** and cook until the **onion** softens.

5 Add the **lamb mince**, season with ¼ tsp of **salt** and a few grinds of **black pepper**. Fry for 5 mins until browned off and cooked through. Turn your oven to 100 degrees to warm the **tortillas**.

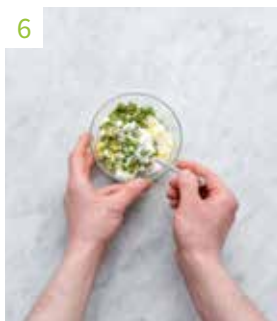
6 Shred a few **mint leaves** and mix in a small bowl with the **yoghurt, cucumber** and **lemon** zest. Season with a little **salt** and **black pepper**. **Tip:** This is your homemade tzatziki!

5



7 Warm the **tortillas** in your oven for a few mins to soften and warm through. Top your **tortillas** with the lamb mixture, the **salad** and your tzatziki. Garnish with your **almonds** and some **lemon** wedges and serve. **Tip:** We like to roll up the tortilla with all the ingredients and eat with our hands!

6



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