

Lebanese Style Lamb & Chickpea Loaded Naan with Yoghurt and Baby Gem Salad

15

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day



Garlic Clove



Chickpeas



Lamb Mince



Shawarma Spice Mix



Tomato Puree



Beef Stock Paste



Za'atar



Red Wine Vinegar



Baby Gem Lettuce



Plain Naan



Greek Style Natural Yoghurt

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, sieve, bowl, frying pan and baking tray.

Ingredients

	2P	3P	4P
Garlic Clove**	2	3	4
Chickpeas	1 carton	1½ cartons	2 cartons
Lamb Mince**	200g	300g	400g
Shawarma Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Beef Stock Paste	10g	15g	20g
Za'atar	1 sachet	1 sachet	2 sachets
Red Wine Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Dressing*	½ tsp	1 tsp	1 tsp
Baby Gem Lettuce**	1	2	2
Plain Naan 7) 13)	2	3	4
Greek Style Natural Yoghurt** 7)	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	449g	100g
Energy (kJ/kcal)	3220/770	718/172
Fat (g)	29.7	6.6
Sat. Fat (g)	10.6	2.4
Carbohydrate (g)	85.2	19.0
Sugars (g)	11.3	2.5
Protein (g)	38.2	8.5
Salt (g)	2.47	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **chickpeas** in a sieve.
- Pop half the **chickpeas** in a bowl and roughly mash with back of a fork until broken up. Set aside for later.



Make the Salad

- Meanwhile, pop the **vinegar**, **olive oil** and **sugar for the dressing** (see ingredients for both amounts) into a large bowl. Season with **salt** and **pepper** and mix together.
- Trim the **baby gem**, then separate the leaves.
- Add the **baby gem** to the bowl of **dressing** and toss together.



Fry the Lamb

- Heat a frying pan on high heat (no oil).
- When hot, add the **lamb mince** and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw meat.
- Reduce the heat to medium, then stir in the **shawarma spice mix**, **garlic** and **tomato puree**. Stir-fry for 30 secs.



Warm the Naans

- Put the **naans** onto a baking tray
- Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.



Simmer Time

- Add the **water** and **sugar for the sauce** (see ingredients for both amounts), **beef stock paste**, **chickpeas** (whole and mashed) and **half the za'atar** to the **lamb**.
- Mix together, bring to the boil and simmer until thickened, 4-5 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Once thickened, season with **salt** and **pepper**.



Serve Up

- Once ready, transfer the **warmed naans** to your plates.
- Spoon the **mince mixture** on top.
- Drizzle over the **yoghurt** and sprinkle over the remaining **za'atar**.
- Serve the **baby gem salad** on the side.

Enjoy!