



Lebanese Style Lamb Flatbread with Yoghurt, Baby Gem Salad and Chickpeas

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

15



Garlic Clove



Chickpeas



Lamb Mince



Shawarma Spice Mix



Tomato Puree



Beef Stock Paste



Zahtar Spice



Red Wine Vinegar



Baby Gem Lettuce



Plain Naan



Greek Style Natural Yoghurt

Pantry Items
Olive Oil, Sugar

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	2 sachets	2 sachets
Water*	100ml	150ml	200ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Beef Stock Paste	10g	15g	20g
Zahtar Spice	1 pot	1 pot	2 pots
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) 11) 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	452g	100g
Energy (kJ/kcal)	3306 /790	731 /175
Fat (g)	31	7
Sat. Fat (g)	11	2
Carbohydrate (g)	86	19
Sugars (g)	12	3
Protein (g)	39	9
Salt (g)	2.57	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 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.

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Get Prepped

- Preheat the oven to 200°C.
- 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 medium bowl. Season with **salt** and **pepper** and mix together.
- Trim the **baby gem**, then separate the leaves.
- Add the **baby gem** to the bowl with the **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 and cook for 1-2 mins.



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 **zahtar** to the **lamb**.
- Mix together, bring to the boil and allow to 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 **zahtar**.
- Serve the **baby gem salad** on the side.

Enjoy!