



Spice-Crusted Lamb Loin

with Bulgur, Feta and Mediterranean Salsa

PREMIUM 40 Minutes • 2.5 of your 5 a day

N° 19



Aubergine



Courgette



Red Pepper



Red Onion



Garlic



Lemon



Coriander



Mint



Cumin Seeds



Coriander Seeds



Chicken Stock Powder



Bulgur Wheat



Chermoula Spice



Lamb Loin



Olives



Balsamic Vinegar



Honey



Feta Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), two Baking Trays, Saucepan, Measuring Jug, Frying Pan and Foil.

2 | 3 | 4 People - Ingredients

	2P	3P	4P
Aubergine	1	1½	2
Courgette	1	1½	2
Red Pepper	½	¾	1
Red Onion	1	1	2
Garlic	1	1	1
Lemon	½	¾	1
Coriander	1 bunch	1 bunch	1 bunch
Mint	1 bunch	1 bunch	1 bunch
Cumin Seeds	½ pot	¾ pot	1 pot
Ground Coriander	½ pot	¾ pot	1 pot
Water for Bulgur Wheat*	240ml	360ml	480ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Bulgur Wheat	120g	180g	240g
Chermoula Spice	1 small pot	¾ large pot	1 large pot
Lamb Loin	2	3	4
Olives	1 pack	1½ packs	2 packs
Balsamic Vinegar (14)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	2 sachets	2 sachets
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Feta Cheese (7)	½ block	¾ block	1 block

*Not Included

Nutrition

	Per serving	Per 100g
For uncooked ingredients	696g	100g
Energy (kJ/kcal)	4073 / 974	585 / 140
Fat (g)	54	8
Sat. Fat (g)	23	3
Carbohydrate (g)	74	11
Sugars (g)	26	4
Protein (g)	45	6
Salt (g)	2.31	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk (14) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Contact

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1. Prep Time

Preheat your oven to 200°C. Trim the **aubergine** and **courgette** then slice both into rounds 1cm thick. Halve the **pepper** and discard the core and seeds. Slice into 1cm wide strips. Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**. Roughly chop the **coriander** (stalks and all). Pick the **mint leaves** from their stalks and roughly chop (discard the **stalks**).



4. Roast the Lamb

While everything else cooks, heat a drizzle of **oil** in a frying pan over medium-high heat. Pop the **lamb loins** onto a plate, drizzle with oil and season with salt. Sprinkle on the remaining **spice mix** and use your hands to coat the meat. **IMPORTANT:** Wash your hands after handling raw meat. When the pan is hot, brown the **lamb** on all sides, 2-3 mins total, then transfer to a baking tray and roast on the middle shelf of your oven for 9-10 mins. **IMPORTANT:** The lamb is safe to eat when the outside is cooked. Wash the pan - we will use it again.



2. Roast the Veggies

Pop the **coriander** and **cumin seeds** into a pestle and mortar and roughly crush. Alternatively transfer to a freezer bag and bash with the bottom of a saucepan. Pop the **aubergine** and **pepper slices** onto a lightly oiled baking tray(s), drizzle with **oil**, season with **salt** and sprinkle on **half** of the **ground spices**. Use your hands to make sure everything is coated. Roast in a single layer until soft and golden, 20-25 mins, turn halfway through cooking.



5. Make the Salsa

Pop the frying pan back onto high heat (no oil). Add the **courgette slices** and cook for 3 mins on each side. **TIP:** Allow the courgettes to brown and char. When cooked, allow to cool then cut into 1cm chunks. Pop into a bowl and mix in the **olives**, **balsamic vinegar**, **honey** and **olive oil** (see ingredients for amount), remaining **garlic**, **mint** and **coriander**. When the **peppers** are cooked, carefully chop into 1cm chunks and add to the **salsa**.



3. Cook the Bulgur

Meanwhile, heat a splash of **oil** in a saucepan over medium-high heat. Add the **red onion** and cook until browned and softened, 5 mins. Stir in **half** the **garlic**, cook for 30 seconds then add the **water** (see ingredients for amount) and **stock powder** and bring to the boil. Stir in the **bulgur wheat**, **lemon zest** and **chermoula spice**. Bring back up to the boil, pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



6. Finish and Serve

When ready, rest the **lamb** wrapped in foil for 5 mins. Meanwhile, stir the **half** the **salsa** through the **bulgur** and season to taste with **salt**, **pepper** and **lemon juice**. Spoon onto your plates. Arrange the **aubergine slices** alongside. Spoon the remaining **salsa** neatly on top of the **aubergine** (don't leave the dressing in the bowl!). Slice the **lamb** thinly and place on top of the **bulgur wheat**. Crumble the **feta** over.

Enjoy!