



SUMMER LAMB WRAPS



HELLO THYME

The Ancient Egyptians used thyme in the mummification process



Cherry Plum Tomatoes



Baby Gem Lettuce



Carrot



Red Pepper



Flat Leaf Parsley



Whole Wheat Soft Tortillas



Lamb Mince



Dried Thyme



Tomato Purée



Caramelised Red Onion Relish



Natural Yoghurt

MEAL BAG

Hands on: **30 mins**
Total: **35 mins**

... of your
5 a day

Family Box

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Coarse Grater**, some **Foil**, a **Baking Tray** and **Large Frying Pan**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 150°C. Chop the **cherry plum tomatoes** in half. Trim the root from the **baby gem lettuce** and half lengthways, then thinly slice widthways. Grate the **carrot** on a coarse (no need to peel). Halve, then remove the core from the **pepper** and chop into small pieces. Roughly chop the **parsley** (stalks and all).



2 WARM UP THE TORTILLAS

Remove the **tortillas** from their packaging, wrap them in foil, and place on a baking tray on the middle shelf of your oven to warm up for 10 mins.



3 GET COOKING!

Heat a glug of **oil** in a large frying pan on high heat. Once hot, add the **lamb mince** and brown for 5-7 mins, breaking up with a wooden spoon as it cooks. Drain off any excess fat. Add the **carrot, red pepper** and **dried thyme**. Lower the heat to medium and cook for another 5 mins then add the **tomato purée, tomatoes** and **two-thirds** of the **caramelised red onion relish**. Bubble away until thick, 5 mins. Season to taste with **salt** and **pepper**.



4 MAKE THE SAUCE

Meanwhile, in a small bowl mix the **yoghurt**, the remaining **onion relish** and a pinch of **salt** and **pepper**. This is your **sauce**, set aside.



5 ASSEMBLE THE WRAPS

Once the **tortilla wraps** are warm, lay out one per person on a plate. Add a handful of **lettuce** to the centre of the **wrap**, top with a spoonful of the **lamb mixture**, followed by a drizzle of **sauce** and a sprinkling of **parsley**.



6 SERVE AND ENJOY

Roll up or fold over the **wraps**, however you prefer to eat them and leave the leftovers on the side to make seconds! **Enjoy!**

4 PEOPLE INGREDIENTS

In order of use

Cherry Plum Tomatoes	1 small punnet
Baby Gem Lettuce	2
Carrot	2
Red Pepper	1
Flat Leaf Parsley	1 bunch
Whole Wheat Soft Tortillas ¹³	8
Lamb Mince	500g
Dried Thyme	1 tbsp
Tomato Purée	1 sachet
Caramelised Red Onion Relish ¹⁴	3 pots
Natural Yoghurt ⁷	1 pot

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 457G	PER 100G
Energy (kcal)	584	128
(kJ)	2441	534
Fat (g)	23	5
Sat. Fat (g)	7	2
Carbohydrate (g)	57	12
Sugars (g)	18	4
Protein (g)	34	7
Salt (g)	2.12	0.46

ALLERGENS

⁷) Milk ¹³) Gluten

Caramelised Red Onion Relish: Red Onions (70%), Cider Vinegar, Muscovado Sugar, Raw Cane Sugar, Balsamic Vinegar, Sea Salt, Black Pepper.

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.

THUMBS UP OR THUMBS DOWN?

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