

Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on 🕤 💆 😇 with #HelloFreshAU

Moorish Mezze Plate

Welcome to the wonderful world of mezze plates!
Commitment- phobe at dinner time? Ever want to just have a little nibble on all your favourites? These delectable bites prepared with a little TLC will satisfy the pickiest of picky eaters. Don't forget to sop up everything with some fresh Lebanese bread!



Prep: 10 mins Cook: 25 mins Total: 35 mins



level 1



high fibre



high protein



Pantry Items: olive oil



2P	4P	Ingredients	
1	2	tomato, diced	#
1 bunch	2 bunches	parsley, coarsely chopped	
1/2	1	lemon, cut into wedges	#
1 portion	2 portions	pumpkin, peeled & cut into 5 mm slices	
1 tbs	2 tbs	olive oil *	
3	6	Lebanese breads	
1 tbs	2 tbs	pine nuts	
1/2	1	brown onion, finely chopped	
300 g	600 g	Moorish Mezze mince	
1 tub	2 tubs	hummus	

- May feature in another recipe
 - * Pantry Items

Nutrition per serving

Energy	4820	Kj
Protein	61.2	g
Fat, total	55.2	g
-saturated	14.5	g
Carbohydrate	98.2	g
-sugars	23	g
Sadium	971	mo

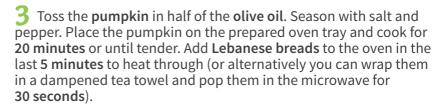
Measuretool

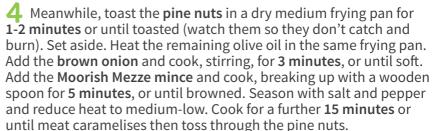
0 cm	1cm	2 cm
1		



You will need: chopping board, chef's knife, oven tray, baking paper, small bowl, and a medium frying pan.

- Preheat oven to 200°C/180°C fan forced. Line an oven tray with baking paper.
- **2** Combine the **tomato**, **parsley**, a drizzle of olive oil and a squeeze of **lemon juice** in a small bowl. Season with **salt** and **pepper** and set aside.





5 To serve, create a mezze plate by dividing the pumpkin, lamb mince, tomato and parsley salad, and **hummus** between plates. Use the bread to mop up all the flavours or alternatively roll all of the ingredients up in the bread and enjoy as a wrap.







Did you know? The first mention of hummus comes from a 13th century Egyptian cookbook, but it is not known for certain where and when the spread originated from.