



Everything But The Chef

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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
high fibre
high protein
level 1

Pantry Items: olive oil



Tomato



Parsley



Lemon



Pumpkin



Pine Nuts



Brown Onion



Moorish Mezze Mince



Lebanese Bread



Hummus

2P	4P	Ingredients
1	2	tomato, diced
1 bunch	2 bunches	parsley, coarsely chopped
½	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
½	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
Sodium	871	mg

Measuretool

0 cm	1 cm	2 cm



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

1 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.



3 Toss the **pumpkin** in half of the **olive oil**. Season with salt and pepper. Place the pumpkin on the prepared oven tray and cook for **20 minutes** or until tender. Add **Lebanese breads** to the oven in the last **5 minutes** to heat through (or alternatively you can wrap them in a dampened tea towel and pop them in the microwave for **30 seconds**).

4 Meanwhile, toast the **pine nuts** in a dry medium frying pan for **1-2 minutes** or until toasted (watch them so they don't catch and burn). Set aside. Heat the remaining olive oil in the same frying pan. Add the **brown onion** and cook, stirring, for **3 minutes**, or until soft. Add the **Moorish Mezze mince** and cook, breaking up with a wooden spoon for **5 minutes**, or until browned. Season with salt and pepper and reduce heat to medium-low. Cook for a further **15 minutes** or until meat caramelises then toss through the pine nuts.



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.