

Cheesy Chermoula Lamb Manoush

with Fries, Herby Yoghurt & Pickled Veggies

STREET FOOD

Grab your meal kit with this number

23



Potato



Cucumber



Red Radish



Leek



Lamb Mince



Tomato Paste



Chermoula Spice Blend



Flatbread



Cheddar Cheese



Sesame Seeds



Garlic



Parsley



Lemon



Greek-Style Yoghurt

Prep in: 20-30 mins
Ready in: 30-40 mins

Brimming with Middle Eastern flavours, these chermoula-spiced and cheesy lamb manoush flatbreads are the real deal. With sesame seeds, a herby yoghurt, fries and pickles to serve, you can have a taste of the Middle East in the comfort of your home.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
cucumber	1	2
red radish	1	2
leek	1	2
white wine vinegar*	¼ cup	½ cup
lamb mince	1 medium packet	2 medium packets OR 1 large packet
tomato paste	1 medium packet	1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
flatbread	4	8
Cheddar cheese	1 large packet	2 large packets
sesame seeds	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
parsley	1 packet	1 packet
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3304kJ (790cal)	477kJ (69cal)
Protein (g)	59.2g	8.5g
Fat, total (g)	28.4g	4.1g
- saturated (g)	8.2g	1.2g
Carbohydrate (g)	72.5g	10.5g
- sugars (g)	15.4g	2.2g
Sodium (mg)	1771mg	255.6mg
Dietary Fibre (g)	8g	1.2g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

4



Bake the flatbreads

- Place **flatbreads** on a second lined oven tray. Top evenly with **lamb mixture**. Sprinkle over **Cheddar cheese** and **sesame seeds**.
- Bake until cheese is melted and golden, **5-7 minutes**.

2



Pickle the veggies

- Meanwhile, thinly slice **cucumber** and **red radish** into rounds. Thinly slice **leek**.
- In a medium bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** and **radish** to pickling liquid. Add enough **water** to just cover veggies. Set aside.

TIP: *Slicing the veggies very thinly helps it pickle faster!*

5



Make the herby yoghurt

- While flatbreads are baking, finely chop **garlic** and **parsley**. Slice **lemon** into wedges.
- In a small microwave-safe bowl, microwave the **garlic** and a drizzle of **olive oil** until fragrant, in **10 second** bursts.
- To the garlic oil, stir in **Greek-style yoghurt**, **chopped parsley** and a squeeze of **lemon juice**. Season to taste.

3



Cook the lamb

- Heat a large frying pan over high heat. Cook **lamb mince** (no need for oil!) and **leek**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Reduce heat to medium, then add **tomato paste** and **chermoula spice blend** and cook until fragrant, **1 minute**.
- Stir in the **water** and simmer until slightly reduced, **1 minute**. Season to taste.

6



Finish & serve

- Drain pickled veggies.
- Serve cheesy chermoula lamb manoush with herby yoghurt, fries, pickled veggies and any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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