



Spiced Lamb & Chickpeas

with Minted Hummus



Jazz up chickpeas



Chickpeas



Mint



Brown Onion



Parsley



Moroccan Spice Blend



Hummus



Lamb Mince



Lebanese Bread



Mixed Salad Leaves

Pantry Staples



Balsamic Vinegar



Olive Oil

Hands-on: 15 mins
Ready in: 40 mins

Why treat hummus like a side when it can shine on the centre stage! As a base in this spiced lamb dish, it really holds its own.

BEFORE YOU START

You will need: **sieve**, **chef's knife**, **chopping board**, **oven tray** lined with **baking paper**, **small bowl**, **medium frying pan** and **wooden spoon**. Let's start cooking the **Spiced Lamb & Chickpeas with Minted Hummus**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Drain and rinse the **chickpeas**. Pick the **mint** leaves and finely chop. Dice the **brown onion**. Roughly chop the **parsley** leaves.



2 ROAST THE CHICKPEAS

➕ Add the **chickpeas**, **1/2 the olive oil** and **1/2 the Moroccan spice blend** to a prepared oven tray. Season with **salt** and **pepper** and toss to coat. Bake for **20-25 minutes**, or until **crispy**.

Roasted in the oven with the addition of a spice blend will transform these chickpeas into a crispy, salty, savoury snack. Have fun at home with our method but try using curry powder, chilli flakes or even roast with fresh herbs and lemon zest.



4 PAN FRY THE LAMB

Heat the **remaining olive oil** in a medium frying pan over a medium-high heat. Add the **brown onion** and cook for **5 minutes**, or until softened. Add the **lamb mince** and the **remaining Moroccan spice blend**, breaking the lamb mince up with a wooden spoon, and cook for **5-6 minutes**, or until the lamb is browned and crisp. Add the roasted **chickpeas** and **parsley** and stir through.



5 HEAT THE LEBANESE BREAD

Meanwhile to render your **Lebanese bread** as fresh as if out of the oven, sprinkle with a few drops of water and pop in the microwave for **10 seconds** to heat through. Cut into wedges.



3 MINT UP THE HUMMUS

Meanwhile, in a small bowl combine the **mint** and **hummus**. Set aside.



6 SERVE UP

Spread the **Lebanese bread** with the minted hummus, then top with the spiced lamb and crispy chickpeas. Divide the **mixed salad leaves** between plates and drizzle with a little **olive oil** and **balsamic vinegar**.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
chickpeas	1 tin	2 tins
mint	1 bunch	2 bunches
brown onion 🌱	1/2	1
parsley	1 bunch	2 bunches
<i>olive oil</i> *	2 tbs	4 tbs
Moroccan spice blend	1 sachet (1 tbs)	2 sachets (2 tbs)
hummus	1 tub (100g)	2 tubs (200g)
lamb mince	1 packet	2 packets
Lebanese bread	1	2
mixed salad leaves	1 bag	2 bags
<i>balsamic vinegar</i> *	drizzle	drizzle

*Pantry Items | 🌱 Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3270kJ (782Cal)	634kJ (152Cal)
Protein (g)	40.5g	7.9g
Fat, total (g)	37.5g	7.3g
- saturated (g)	8.1g	1.6g
Carbohydrate (g)	65.7g	12.7g
- sugars (g)	9.4g	1.8g
Sodium (g)	588mg	114mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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