



Loaded Middle Eastern Spiced Lamb Pie

with Tahini Yoghurt Crust & Green Salad



Make a tahini
yoghurt pie crust



Lamb Mince



Brown Onion



Tahini



Greek Yoghurt



Baby Spinach Leaves



Black Sesame Seeds



Cucumber



Parsley



Baharat Spice Blend



Tomato Paste

Pantry Staples: Olive Oil, Sugar, Salt, Egg

Hands-on: **20 mins**
Ready in: **40 mins**

We like to think this pie will baffle and delight your senses in equal measure. At first, the unexpected tahini crust on this Middle Eastern dish may throw you for a loop – but when you taste it, you may find it hard to go back to bland old pastry after this nutty textured surprise.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, small bowl, medium frying pan, wooden spoon, small ovenproof dish, two medium bowls** and a **spatula**.



1 GET PREPPED

Preheat the oven to **180°C/160°C fan-forced**. Finely chop the **brown onion**. Roughly chop **1/2** of the **baby spinach leaves**. Slice the **cucumber** into half-moons. Pick and finely chop the **parsley** leaves. In a small bowl, combine the **tahini (1 tsp for 2 people / 2 tsp for 4 people), olive oil (2 tsp for 2 people / 1 tbs for 4 people)** and **sugar**. Season to taste with a **pinch** of **salt** and set aside.



4 MAKE THE TAHINI TOPPING

In a medium bowl, mix together the **remaining tahini, Greek yoghurt** and **egg**. Top the lamb mixture with a spoonful of the **tahini-yoghurt mix** and use a spatula to spread evenly, creating a 1 cm thick top. **TIP:** You may have some topping leftover! Sprinkle over a **pinch** of the **black sesame seeds**.



2 BROWN THE MINCE

Heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **brown onion** and cook for **5 minutes**, or until softened. Increase the heat to high and add the **lamb mince**. Cook, breaking up with a wooden spoon, for **3-4 minutes**, or until browned.



5 BAKE THE PIE

Place the **lamb pie** on the top shelf of the oven and bake for **20 minutes**, or until the tahini crust is set and lightly golden.

While the pie is baking, place the **remaining baby spinach leaves, remaining black sesame seeds** and **cucumber** in a medium bowl. Add the **tahini dressing (made in step 1)** and toss to coat. **TIP:** Add the dressing just before serving to prevent soggy leaves.



3 COOK THE PIE FILLING

Add the **Baharat spice blend** and **salt (use suggested amount)** and cook for **1-2 minutes**, or until fragrant. Add the **tomato paste** and chopped **baby spinach leaves** and cook for **2 minutes**, or until wilted. Transfer the lamb mixture to a small ovenproof dish. **TIP:** The lamb mix should be about 4 cm high in the dish. If the ingredients are just covering the bottom of the dish, transfer to a smaller dish.



6 SERVE UP

Divide the Middle Eastern spiced lamb pie and salad between plates. Sprinkle over the parsley.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
baby spinach leaves	1 bag	1 bag
cucumber	1	2
parsley	1 bunch	1 bunch
tahini	1 tub (100 g)	2 tubs (200 g)
sugar*	1 pinch	2 pinches
lamb mince	1 packet	1 packet
Baharat spice blend	1 sachet (2 tsp)	2 sachets (1 tbs)
salt*	1/2 tsp	1 tsp
tomato paste	1 sachet (2 tbs)	2 sachets (4 tbs)
Greek yoghurt	1 tub (200 g)	2 tubs (400 g)
egg*	1	2
black sesame seeds	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3360kJ (802Cal)	584kJ (140Cal)
Protein (g)	56.9g	9.9g
Fat, total (g)	49.7g	8.6g
- saturated (g)	14.1g	2.5g
Carbohydrate (g)	28.2g	4.9g
- sugars (g)	17.6g	3.1g
Sodium (g)	286mg	50mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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Hello@HelloFresh.com.au

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