



Everything
But The Chef

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Sharwarma Lamb

This Sharwarma dish is testament to the wisdom of traditional cooking. Everything you need for a tasty nutritious dinner is here - and you better believe that means flavour as well. The aroma of spiced meat grilling on charcoal never fails to send us off into a souk-reverie!

 25 mins

 level 1



Lebanese Bread



Red Onion



Diced Lamb



Lemon



Sharwarma Spice



Cucumber



Tomato



Yoghurt



Parsley



Mint

2P	4P	Ingredients
2 tbs	4 tbs	olive oil *
2 tbs	4 tbs	red wine vinegar *
1 tsp	2 tsp	HelloFresh Shawarma spice blend
300 g	600 g	diced lamb
1/2	1	red onion, diced ⊕ A
2 tbs	4 tbs	parsley, finely chopped
2 tbs	4 tbs	mint, finely chopped
1	2	tomato, finely diced ⊕ B
1/2	1	lemon, juiced ⊕
1	2	cucumber, finely diced ⊕
2	4	Lebanese bread
1 tub	2 tubs	yoghurt

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2520	Kj
Protein	48.5	g
Fat, total	38.2	g
-saturated	8.1	g
Carbohydrate	54.7	g
-sugars	6.9	g

Measuretool

0 cm	1 cm	2 cm



1 In a medium bowl mix the **olive oil**, **red wine vinegar**, and the **HelloFresh Shawarma spice blend**. Add the **diced lamb**, season well with **salt** and **pepper** then toss until the lamb is well coated, leave aside. The longer you leave it, the better all those lovely flavours will infuse your meat! Remove your meat from the marinade then heat some oil in a pan over a medium-high heat, add the shawarma lamb and cook for **5-7 minutes** or until the lamb is brown on all sides, stirring regularly.



2 Combine the **red onion**, **parsley**, **mint**, **tomato**, **lemon juice**, **cucumber**, and a good grind of salt and pepper in a bowl.

3 Wrap the **Lebanese bread** in a damp paper towel and microwave for **30 seconds**. This will make your bread nice and soft and your kitchen smell amazing!

4 Divide the warm Lebanese bread amongst your plates and then layer with the lamb and salad. Top with a dollop of **yoghurt** and enjoy.



Did you know? There has long been a belief that including yoghurt in your daily diet is associated with longevity, so eat up!