



GREEK-STYLE LAMB RISsoles

with Pita Salad & Tzatziki



Add crunch to your salad with crispy pita strips



Garlic



Parsley



Roma Tomato



Cos Lettuce



Pita Pockets



Rustic Herb Spice Blend



Greek Yoghurt



Cucumber



Lemon



Lamb Mince



Oregano Citrus Spice Blend



Fine Breadcrumbs

Hands-on: **25 mins**
Ready in: **30 mins**

Low calorie

Lamb mince is so rich and flavourful; it really ups the ante when it comes to rissoles. Inspired by Grecian eating at its best, this dish is part traditional fare with tzatziki, part modern innovation with herbed pita strips, crunchy and tasty in equal measure.

Pantry Staples: Olive Oil, Eggs, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, two oven trays** lined with **baking paper, small bowl, box grater, large bowl, plate, large frying pan** and a **medium bowl**.



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Peel and crush the **garlic**. Finely chop the **parsley**. Thinly slice the **Roma tomato** into half-moons. Shred the **cos lettuce**. Cut the **pita pockets** into 2cm strips. **TIP:** Halve any long ones so they're easier to eat! Arrange in a single layer over two oven trays lined with baking paper. **Drizzle** with **olive oil**, sprinkle over the **rustic herb spice blend** and season with **salt** and **pepper**. Bake for **5 minutes** or until golden. Set aside.



4 COOK THE LAMB RISSOLES

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the rissoles and cook for **4-5 minutes** on each side, or until browned all over and cooked through. **TIP:** If your pan is getting crowded, cook in batches for the best results!



2 MAKE THE TZATZIKI

While the pita chips are baking, place the **Greek yoghurt** in a small bowl. Grate the **cucumber**, squeeze out the excess liquid over the sink and add to the yoghurt. Juice the **lemon**. Add **2 tsp** of lemon juice to the yoghurt. Season with **salt** and **pepper**, **drizzle** with **olive oil** and mix to combine. Set aside.



5 PREPARE THE SALAD

In a medium bowl, combine the **honey**, **2 tsp** of **lemon juice** and **1 tbs** of **olive oil**. Add the **cos lettuce, Roma tomato** and **1/2** the **herbed pita strips** and toss to combine. **TIP:** Toss the salad just before serving to keep the leaves and pita crisp.



3 MAKE THE LAMB RISSOLES

In a large bowl, place the **lamb mince, garlic, parsley, oregano citrus spice blend, fine breadcrumbs (see ingredients list), egg, salt (see ingredients list)** and a **good pinch** of **pepper**. Mix to combine. Take 2 tbs of the mixture and roll into a rissole about 2cm thick. Place on a plate and repeat with the remaining mixture. **TIP:** You should get 2-3 rissoles per person.



6 SERVE UP

Divide the Greek rissoles and herbed pita salad between plates. Serve with the remaining pita strips, tzatziki and remaining lemon wedges.

TIP: For kids, follow our serving suggestion in the main photo!

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	2 cloves
parsley	1 bunch
Roma tomato	2
cos lettuce	1 bag
pita pockets	4
rustic herb spice blend	2 sachets
Greek yoghurt	2 tubs (200 g)
cucumber	1
lemon	1
lamb mince	1 packet
oregano citrus spice blend	2 sachets
fine breadcrumbs	½ packet
eggs*	1
salt*	½ tsp
honey*	1 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2060kJ (492Cal)	535kJ (128Cal)
Protein (g)	41.8g	10.8g
Fat, total (g)	18.8g	4.9g
- saturated (g)	7.2g	1.9g
Carbohydrate (g)	34.7g	9.0g
- sugars (g)	9.1g	2.4g
Sodium (g)	561mg	146mg

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

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

Hello@HelloFresh.com.au

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