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WK41
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Lamb Mezze Plate with Hummus & Roast Pumpkin

Welcome to the wonderful world of mezze plates! Commitment-phobe at dinner time? Ever want to just have a little nibble on all your favourites? These delicious offerings will satisfy the very pickiest of picky eaters. Lamb mince, traditional hummus and crispy pumpkin wedges will make every mouthful sensational.



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 1

Pantry Items



Olive Oil



Tomato



Parsley



Lemon



Pumpkin



Lebanese Bread



Pine Nuts



Brown Onion



Mezze Lamb Mince



Hummus

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2P	4P	Ingredients
1	2	tomato, diced
1 bunch	2 bunches	parsley, coarsely chopped
1 tbs	2 tbs	olive oil *
½	1	lemon, cut into wedges
1 portion	2 portions	pumpkin wedges, cut into 5 mm slices
3	6	Lebanese breads
1 packet	2 packet	pine nuts
½	1	brown onion, finely chopped
300 g	600 g	Mezze lamb mince
1 tub	2 tubs	hummus

⊕ Ingredient features in another recipe

* Pantry Items

🍃 Pre-preparation

Nutrition per serve

Energy	4130	Kj
Protein	56.8	g
Fat, total	50.3	g
-saturated	13.5	g
Carbohydrate	72.7	g
-sugars	23.9	g
Sodium	491	mg



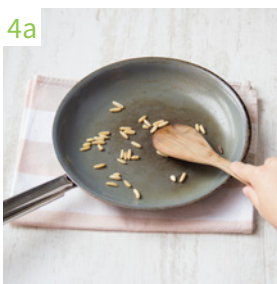
You will need: *chopping board, chef's knife, small bowl, oven tray lined with baking paper, medium frying pan and wooden spoon.*

1 Preheat oven to **200°C/180°C fan-forced**.

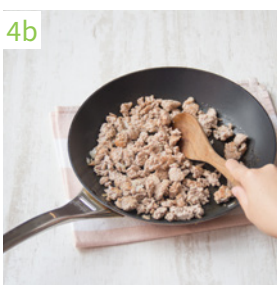
2 Combine the **tomato**, **parsley**, a drizzle of **olive oil** and a squeeze of **lemon juice** in a small bowl. Season with **salt** and **pepper** and set aside.



3 Toss the **pumpkin** in half of the olive oil. Season with salt and pepper. Place the pumpkin on the prepared oven tray and cook for **20 minutes**, or until tender. Add the **Lebanese bread** to the oven in the last **5 minutes** to heat through (or alternatively you can wrap them in a dampened tea towel and pop them in the microwave for **30 seconds**).



4 Meanwhile, toast the **pine nuts** in a dry medium frying pan for **1-2 minutes**, or until toasted (watch them so they don't catch and burn). Set aside. Heat the remaining olive oil in the same frying pan. Add the **brown onion** and cook, stirring, for **3 minutes**, or until soft. Add the **Mezze lamb mince** and cook, breaking up with a wooden spoon, for **5 minutes**, or until browned. Season with salt and pepper and reduce heat to medium-low. Cook for a further **10 minutes**, or until meat caramelises then toss through the pine nuts.



5 To serve, create a mezze plate by dividing the pumpkin, lamb mince, tomato and parsley salad, and **hummus** between plates. Use the bread to mop up all the flavours or alternatively roll all of the ingredients up in the bread and enjoy as a wrap.

Did you know? People have been eating peanuts since the paleolithic period.