



# Warm Lebanese Dinner Wraps

with Minted Yoghurt and Hummus



Freshen up your wraps  
in an instant!



Mint



Brown Onion



Garlic



Carrot



Greek Yoghurt



Cumin & Paprika  
Blend



Lamb Mince



Hummus



Wholemeal Lebanese  
Wrap



Rocket Leaves

Pantry Staples



White Wine Vinegar



Olive Oil

Hands-on: 20 mins  
Ready in: 25 mins

It's optional, but we recommend breaking out the sandwich press for this recipe – it will give your Lebanese wraps that crunch that any good kebab shop prides itself on. Plus, it helps keep the whole delicious package together. Good one!



# BEFORE YOU START

You will need: **chef's knife, chopping board, garlic crusher, vegetable peeler, box grater, small bowl, medium frying pan, wooden spoon** and **large frying pan** Let's start cooking the **Warm Lebanese Dinner Wraps with Minted Yoghurt and Hummus**.



## 1 GET PREPPED

Pick the **mint** leaves and roughly chop. Finely slice the **brown onion**. Peel and crush the **garlic**. Peel and grate the **carrot**.



## 2 PREPARE MINTED YOGHURT

Combine the **Greek yoghurt, mint** and **white wine vinegar** in a small bowl. Season with **salt** and **pepper**. Set aside.



## 3 FRY-OFF ONION & SPICE BLEND

Heat the **olive oil** in a medium frying pan over a medium-high heat. Cook the **brown onion** for **4–5 minutes**, or until softened. Add the **garlic** and **cumin & paprika blend** and cook for **1 minute**, or until fragrant.



## 4 COOK LAMB AND CARROT

Add the **lamb mince** and **carrot** to the frying-pan, breaking it up with a wooden spoon and cook for **5–6 minutes**, or until browned. Remove from the heat.



## 5 FILL DINNER WRAP

**+** *Meanwhile, to render your wraps as fresh if as they were out of the oven, sprinkle them with a few drops of water and pop in the microwave for 10 seconds. Instantly soft and fresh!*

Spread the **hummus** evenly over the **wholemeal Lebanese bread**. Top with the lamb and carrot mixture and half the **rocket leaves** and roll up to wrap tightly. Heat the wrap in the large frying pan over a medium heat for **3–4 minutes**. Turn gently to keep tight. If you like you can use a sandwich press to heat the wrap for a crispy result.



## 6 SERVE UP

Slice each wrap in half. Serve with the remaining **rocket leaves**, lightly drizzled in **olive oil**, and the minted yoghurt on the side.

# Enjoy!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
mint	½ bunch	1 bunch
brown onion	½	1
garlic	2 cloves	4 cloves
carrot	1	2
Greek yoghurt	1 tub (4 tbs)	2 tubs (8 tbs)
white wine vinegar*	1 tsp	2 tsp
olive oil*	2 tsp	1 tbs
cumin & paprika blend	½ sachet (1 tsp)	1 sachet (2 tsp)
lamb mince	1 packet	2 packets
hummus	1 tub (4 tbs)	2 tubs (8 tbs)
wholemeal Lebanese bread	2	4
rocket leaves	1 bag	2 bags

\*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kj)	2910	589
Protein (g)	44.1	8.9
Fat, total (g)	31.1	6.3
saturated (g)	9.1	1.9
Carbohydrate (g)	56.5	11.4
sugars (g)	15.7	3.2
Sodium (mg)	575	116

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