



MARLEY SPOON



Spiced Lamb with Hummus and Smoky Yoghurt

 20-30min  2 Portions

Using a combination of ginger, cinnamon, turmeric and paprika in this dish not only adds flavour, but will transport you across the Indian Ocean and over to the heart of the Middle East. We whip up a creamy hummus in just minutes and top it with some exotic spiced lamb, and for a touch of freshness, a drizzle of smoky yoghurt.

What we send

- Lebanese bread ¹
- parsley, 2 garlic cloves
- spice mix ¹⁷
- lamb mince
- smoked paprika
- Greek-style yoghurt ⁷
- slivered almonds ¹⁵
- chickpeas
- lemon
- onion

What you'll require

- extra virgin olive oil
- Australian honey
- salt and pepper

Utensils

- chargrill or frypan
 - Colander
 - grater
 - large frypan
 - stick blender/food processor/mortar and pestle
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 840.0kcal, Fat 35.5g, Proteins 48.0g, Carbs 73.9g



1. Prepare vegetables

Finely chop the **onion** and **garlic**. Zest and juice the **lemon**. Pick the **parsley** leaves (discard stems).



2. Prepare hummus

Drain the **chickpeas**, rinse and shake well. Transfer to a food processor with the **lemon juice**, 60ml (¼ cup) **oil** and half the **garlic**. Blend until smooth and season with **salt and pepper**.



3. Toast almonds

Place the **almonds** in a large frypan over medium heat and cook, tossing, for 2-3 mins until toasted. Set aside to cool.



4. Prepare yoghurt

Place the **yoghurt** in a bowl and stir in a pinch of **smoked paprika** to taste. Season with **salt and pepper**. Stir in 1 tbs **water**.



5. Cook lamb

Heat 1 tbs **oil** in same pan over medium heat. Cook the **onion**, remaining **garlic** and **lemon zest** for 5 mins or until softened. Increase the heat to high. Add the **lamb** and **spice mix** and cook, stirring to break up any lumps, for 4 mins or until browned. Add 1 tsp **honey**. Season well with **salt and pepper** to taste. Remove from the heat.



6. Chargrill bread

Meanwhile, heat a chargrill pan over high heat. Cut the **bread** into quarters and chargrill until lightly toasted. Spread the **hummus** onto plates and top with the **spiced mince**. Scatter over the **almonds** and **parsley**. Add a dollop of **yoghurt** and serve with the toasted bread.