

# MARLEY SPOON



## Moroccan Lamb Wraps

with Beetroot Hummus



20-30min



2 Portions

Hummus doubles not only as a great dip, but as a wonderful spread to use in sandwiches and wraps. We've added a burst of colour and flavour to the original recipe by adding tasty beetroot. It teams wonderfully well with the harissa-spiced lamb, so all you need to do is cook, wrap and roll.

## What we send

- harissa
- tahini <sup>11</sup>
- parsley
- tomatoes
- lamb leg steak
- mixed leaves
- sliced beetroot
- wholemeal pita bread <sup>1</sup>
- chickpeas
- lemon

## What you'll require

- olive oil
- salt and pepper
- spray oil

## Utensils

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

## Allergens

Gluten (1), Sesame (11). May contain traces of other allergens.

## Nutrition per serving

Energy 720.0kcal, Fat 21.0g, Proteins 44.1g, Carbs 79.6g



### 1. Prepare lamb

Combine **harissa** and 2 tsp **oil** in a shallow bowl. Season with **salt and pepper**. Add **lamb** and turn to coat.



### 2. Prepare ingredients

Cut **tomato** into thin wedges. Pick the **parsley** leaves and discard stems. Juice half the **lemon** (reserve remaining half for another use).



### 3. Chargrill lamb

Heat a chargrill or barbecue on medium-high heat. Cook **lamb** for 2 mins each side or until cooked to your liking. Rest, covered, for 5 mins. Thinly slice.



### 4. Drain chickpeas

Meanwhile, drain and rinse **chickpeas** in a sieve. Drain the **beetroot**, discarding the juices. In a small food processor, process chickpeas, beetroot, **tahini** and **lemon juice** until smooth. Season with **salt and pepper**.



### 5. Make hummus

Spray the **pita bread** with a little **oil** and warm in a large frypan for 1-2 mins each side. Keep warm wrapped in a clean tea towel.



### 6. Get ready to serve

Spread half of the **hummus** onto each **pita bread**. Top with **salad leaves**, **tomato** and **lamb**. To serve, top with remaining hummus and sprinkle with **parsley**. Roll to enclose and serve.