



Baharat Lamb

with Chunky Mint and Feta Tabouleh

 20min  2 Portions

Spice up your week with this quick and easy Middle Eastern-inspired lamb dish. The aromatic blend known as baharat adds layers of tempting flavour, while keeping it light and healthy. Tabouleh made with generous pieces of cucumber and tomato saves you time chopping, too.

What we send

- burghul wheat ¹
- tomato, lemon, Lebanese cucumber
- garlic clove, mint
- feta cheese ⁷
- baharat
- lamb leg steaks

What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- foil
- medium frypan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

The cooking time will vary depending on the thickness of the lamb steaks.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

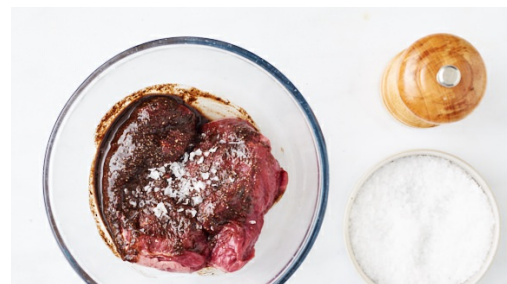
Nutrition per serving

Energy 590kcal, Fat 28.5g, Carbs 45.4g, Proteins 38.3g



1. Soak burghul

Put the **burghul** in a large heatproof bowl. Add **125ml (½ cup) boiling water** and season with **salt**. Stir to combine and stand for 5 mins.



2. Marinate lamb

Meanwhile, put the **lamb**, **1 tsp baharat** (reserve remainder for another use) and **2 tsp oil** in a bowl. Season with **salt and pepper** and turn to coat.



3. Prepare ingredients

Coarsely chop the **tomato** and **cucumber**. Pick and tear the **mint** leaves. Finely grate the zest of **half the lemon**, then juice the half. Crush or finely chop **half the garlic** (reserve remaining lemon and garlic for another use).



4. Cook lamb

Heat a medium frypan over medium-high heat. Cook the **lamb** for 1 min each side or until browned, then reduce the heat to medium and cook for a further 3 mins each side for medium-rare or for longer until cooked to your liking (see cooking tip). Transfer to a plate and rest, loosely covered with foil, for 4 mins.



5. Make dressing

Meanwhile, put the **lemon zest and juice**, **garlic** and **1½ tbs oil** in a bowl. Season with **salt and pepper** and whisk to combine.



6. Get ready to serve

Fluff the **burghul** with a fork. Add the **tomato**, **cucumber**, **mint** and **dressing** to the burghul, crumble over the **feta** and stir to combine. Thinly slice the **lamb**. Divide the salad and lamb among plates to serve.