



Middle Eastern Lamb Wraps

with Hummus



20-30min



2 Portions

Originating in Morocco, ras el hanout is a distinctive blend of anywhere from 10 to 100 spices. Here, it adds complex flavour to pan-fried lamb mince that's rolled with a cumin-spiked hummus and tender zucchini slices into warm, Middle Eastern-inspired wraps. Once you've prepped the ingredients, simply lay on the table for easy DIY fare.

What we send

- grass-fed lamb mince
- lemon, zucchini
- ras el hanout ^{1,17}
- chickpeas
- garlic clove
- ground cumin
- Lebanese bread ¹
- mixed salad leaves

What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- large frypan
- potato masher

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

Cooking tip

Reserve remaining cumin for another use.

Allergens

Gluten (1), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 715kcal, Fat 22.1g, Carbs 68.0g, Proteins 51.9g



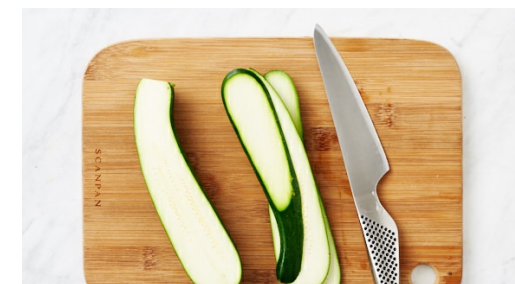
1. Prepare lamb

Finely grate the zest of **half the lemon**, then juice the half (reserve remaining half for another use). Put the **zest, lamb** and **1 ½ tsp ras al hanout** (reserve remainder for another use) in a bowl, season with **salt and pepper** and stir to combine. Set aside.



2. Make hummus

Crush or finely chop the **garlic**. Rinse and drain the **chickpeas**, then put in a bowl. Using a stick blender or potato masher, blend the chickpeas as smoothly as you can. Add the garlic, **1 tbs lemon juice**, **½ tsp cumin** (see cooking tip), **1 tbs olive oil** and **2 tbs boiling water**. Season with **salt and pepper** and mash until combined.



3. Prepare zucchini

Trim the ends of the **zucchini** and cut lengthwise into 5mm-thick slices. Put the zucchini and **2 tsp olive oil** in a bowl, season with **salt and pepper** and toss to coat.



4. Warm bread

Heat a large frypan over medium heat and cook the **bread**, one at a time, for 30 secs each side or until soft and warmed through. Keep warm in a clean tea towel.



5. Cook zucchini

Heat the same frypan over high heat and cook the **zucchini slices** for 2 mins each side or until charred. Remove from the pan and keep warm.



6. Get ready to serve

Heat **2 tsp oil** in the frypan over high heat and cook the **lamb mixture**, stirring, for 5 mins or until golden and cooked through. Spread each **bread** with the **hummus**, then top with the **lamb mixture, zucchini** and **salad leaves**. Wrap up to serve.