



## Lamb Soft Tacos

with Tomato, Pea and Lime Mash



20-30min



4 Portions

Take to the streets of Mexico, metaphorically speaking, with this fast, kid-friendly combo. Who doesn't love a soft taco? Especially when there's lamb, mild spicing, pea and lime mash and a drizzle of mellow yoghurt involved.

## What we send

- 1,6
- 7
- 2 x 150g peas
- coriander
- 2 garlic cloves

## What you'll require

- olive oil
- sea salt and pepper

## Utensils

- large frypan
- medium saucepan
- potato masher
- sieve

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

## Cooking tip

Alternatively, heat the wraps in a 220C oven. Wrap them well in baking paper then foil, and place in the pre-heated oven for 8 mins to warm through.

## Allergens

Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 800kcal, Fat 31.7g, Carbs 79.0g, Proteins 44.2g



### 1. Cook peas

Bring a medium saucepan of salted water to the boil then cook the **peas** for 2-3 mins until tender. Refresh under cold water then drain. Set aside. Finely chop the **coriander**, discarding the stems.



### 2. Make pea mash

Juice the **lime**. Finely chop the **tomatoes**. Put the **peas**, **1 tbs olive oil**, **1 tbs lime juice** and **salt and pepper** in a medium bowl. Using a fork or a potato masher, coarsely mash the peas. Stir in the **tomato** and set aside.



### 3. Cook onion

Crush or finely chop the **garlic**. Finely chop the **onion**. Heat **1 tbs olive oil** in a large frypan over medium heat. Cook the onion and garlic for 3 mins, stirring, or until softened.



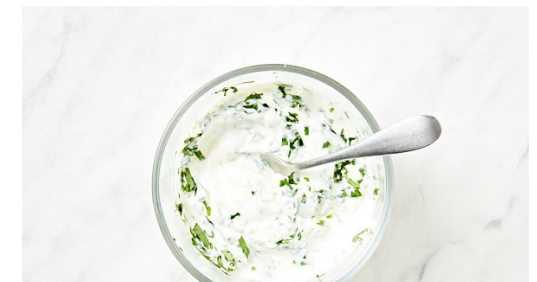
### 4. Brown lamb

Increase the heat to high. Add the **lamb** and **2 tsp cumin and coriander spice blend**. Cook for 2-3 mins, breaking up the mince with a spoon, until light golden. Season with **salt and pepper**.



### 5. Warm wraps

Meanwhile, heat a chargrill pan over high heat. Cook the **wraps** for 30 secs each side or until heated through. Wrap in a tea towel to keep warm. (see cooking tip).



### 6. Get ready to serve

Put the **yoghurt** in a bowl. Stir the **coriander** into the **yoghurt** and season with **salt and pepper**. Divide the **pea mash** and **lamb mixture** among the **wraps**. Drizzle with the **coriander yoghurt** to serve.