

# Middle Eastern-Spiced Lamb & Spinach Gozleme

with Cherry Tomato Couscous Salad & Sumac Yoghurt

TASTE TOURS

Grab your Meal Kit with this symbol



Lamb Rump



Baby Spinach Leaves



Cherry Tomatoes



Shredded Cheddar Cheese



Cow's Milk Feta



Greek-Style Yoghurt



Turkish Sumac Seasoning



Middle Eastern Seasoning



Pomegranate Molasses



Israeli Couscous



Chicken-Style Stock Powder



Mixed Salad Leaves



Mini Flour Tortillas

Prep in: 30-40 mins  
Ready in: 45-55 mins

For this feast, we've created a spread of deliciously spiced lamb rump, Israeli couscous bursting with cherry tomatoes and gozleme filled with spinach to give you a palate-cleansing taste, whilst making sure you're still lip-smackingly satisfied. Go for it!

**Pantry items**

Olive Oil, Egg, White Wine Vinegar

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan · Two oven trays lined with baking paper · Medium saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
lamb rump	1 packet	1 packet
baby spinach leaves	1 small bag	1 medium bag
cherry tomatoes	1 punnet	1 punnet
shredded Cheddar cheese	1 packet (80g)	2 packets (160g)
cow's milk feta	½ packet (95g)	1 packet (190g)
<b>egg*</b>	1	2
Greek-style yoghurt	1 medium packet	1 large packet
Turkish sumac seasoning	1 sachet	2 sachets
Middle Eastern seasoning	1 packet	2 packets
pomegranate molasses	1 medium packet	1 large packet
Israeli couscous	1 packet	2 packets
<b>water*</b>	1½ cups	3 cups
chicken-style stock powder	1 medium sachet	1 large sachet
mixed salad leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
mini flour tortillas	6	12

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5823kJ (1392Cal)	916kJ (219Cal)
Protein (g)	75.2g	11.8g
Fat, total (g)	72.2g	11.4g
- saturated (g)	41.8g	6.6g
Carbohydrate (g)	88.7g	14g
- sugars (g)	17.2g	2.7g
Sodium (mg)	3277mg	515mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW08



## Start the lamb

- Preheat oven to **220°C/200°C fan-forced**. Lightly score **lamb rump** fat in a criss-cross pattern.
- Place **lamb**, fat-side down, in a large frying pan (no need for oil!). Place the pan over medium heat and cook, undisturbed, until golden, **10-12 minutes**.
- Increase the heat to high and sear **lamb rump** on all sides for **30 seconds**.

**TIP:** Starting the lamb in a cold pan helps the fat melt without burning.



## Cook the couscous

- While the lamb is roasting, heat a medium saucepan over medium-high heat. Toast **Israeli couscous**, stirring, until golden, **1-2 minutes**.
- Add the **water**, reduce the heat to medium and simmer, stirring occasionally, until couscous is tender and water has absorbed, **10-12 minutes**.
- Allow the **couscous** to cool for **5 minutes**, then add the **cherry tomatoes, chicken-style stock powder, mixed salad leaves** and a drizzle of **white wine vinegar**. Stir to combine. Set aside.



## Get prepped

- While the lamb is cooking, roughly chop **baby spinach leaves**. Halve the **cherry tomatoes**.
- In a medium bowl, combine **baby spinach leaves, shredded Cheddar cheese, feta (see ingredients), the egg** and a pinch of **salt**. Set aside.
- In a small bowl, combine **Greek-style yoghurt** and half the **Turkish sumac seasoning**. Set aside.

**TIP:** The egg helps to bind the cheese and spinach together.



## Bake the gozleme

- Arrange half the **mini flour tortillas** on a second lined oven tray. Divide the **cheesy spinach mixture** between the tortillas. Top with the remaining **tortillas** and press down gently with a spatula.
- Brush or spray the tortillas with **olive oil** and season. Bake **gozleme** until cheese has melted slightly and tortillas are golden, **5-8 minutes**.



## Roast the lamb

- Transfer the **lamb**, fat-side up, to a lined oven tray.
- In a second small bowl, combine **Middle Eastern seasoning** and a drizzle of **water**, then season.
- Use the back of a spoon to spread the **Middle Eastern seasoning** over the **lamb**, then roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove **lamb** from the oven, glaze with **pomegranate molasses** and cover with foil. Set aside to rest for **10 minutes**.

**TIP:** The lamb will keep cooking as it rests!



## Serve up

- Slice Middle Eastern-spiced lamb. Slice gozleme into quarters.
- Bring everything to the table to serve. Help yourself to lamb, spinach gozleme and cherry tomato couscous salad.
- Sprinkle the remaining Turkish sumac seasoning over the gozleme. Serve with sumac yoghurt. Enjoy!

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