

# Middle Eastern Lamb & Feta Tacos

with Radish Salad, Cucumber & Tahini Yoghurt

FAST & FANCY

Grab your meal kit  
with this number

37



Cucumber



Radish



Lemon



Garlic



Greek-Style  
Yoghurt



Tahini



Lamb Mince



Chermoula Spice  
Blend



Mixed Salad  
Leaves



Mini Flour  
Tortillas



Cow's Milk  
Feta



Mint

Prep in: 20-30 mins  
Ready in: 20-30 mins

We've always loved a twist on a taco, and this might be one of our best creations yet. Let's borrow the flavours of the Middle East, with honey and chermoula tossed lamb mince, tangy tahini yoghurt and a crumble of creamy feta cheese. We can't wait!

### Pantry items

Olive Oil, Honey



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cucumber	1 (medium)	1 (large)
radish	2	4
lemon	½	1
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
tahini	1 medium packet	1 large packet
lamb mince	1 medium packet	2 medium packets or 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
<b>honey*</b>	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
mini flour tortillas	6	12
cow's milk feta	½ packet	1 packet
mint	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3355kJ (802Cal)	589kJ (141Cal)
Protein (g)	51.8g	9.1g
Fat, total (g)	42.8g	7.5g
- saturated (g)	20.3g	3.6g
Carbohydrate (g)	46.6g	8.2g
- sugars (g)	10.1g	1.8g
Sodium (mg)	2207mg	387mg
Dietary Fibre (g)	10.6g	1.9g

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://www.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 | CW31



## Get prepped

- Thinly slice **cucumber** into sticks. Thinly slice **radish**. Slice **lemon** into wedges. Finely chop **garlic**.



## Cook the lamb

- Return frying pan to high heat with a drizzle of **olive oil**. Cook **lamb mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. Add **chermoula spice blend** and cook until fragrant, **1 minute**.
- Remove pan from heat, add the **honey** and stir to combine.
- Meanwhile, combine **mixed salad leaves**, **radish**, a generous squeeze of **lemon juice** and a drizzle of **olive oil** in a large bowl. Season to taste.



## Make the tahini yoghurt

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and **tahini**, and stir to combine. Season to taste.



## Serve up

- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.
- Spread each tortilla with tahini yoghurt and top with Middle Eastern lamb, cucumber and radish salad. Crumble over **cow's milk feta** (see **ingredients**).
- Tear over **mint leaves** to serve. Serve with remaining lemon wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://www.hellofresh.co.nz/rate)