

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
olive oil*	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
honey*	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	½ packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3355kJ (802cal)	300kJ (72cal)
Protein (g)	51.8g	4.6g
Fat, total (g)	42.8g	3.8g
- saturated (g)	20.3g	1.8g
Carbohydrate (g)	46.6g	4.2g
- sugars (g)	10.1g	0.9g
Sodium (mg)	2207mg	197.1mg
Dietary Fibre (g)	10.6g	0.9g

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



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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, then add the **honey** and stir to combine.
- Meanwhile, in a large bowl, combine **mixed salad leaves**, **radish**, a generous squeeze of **lemon juice** and a drizzle of **olive oil**. 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**. 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, then top with Middle Eastern lamb, cucumber and radish salad.
- Crumble over **cow's milk feta** (see ingredients).
- Tear over **mint** (see ingredients).
- Serve with any remaining lemon wedges. Enjoy!

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