



# CHERMOULA LAMB TACOS

with Greek Salad & Lemon Yoghurt



Make an easy Greek salad and pop it in a taco!



Tomato



Cucumber



Red Onion



Garlic



Cos Lettuce



Carrot



Mint



Lemon



Feta



Lamb Mince



Chermoula Spice Blend



Greek Yoghurt



Mini Flour Tortillas

Hands-on: **15-25 mins**  
Ready in: **20-30 mins**

Greek salad in a taco? Yep, we did it. This fancy feast is as outrageous as it sounds, but only in the best way possible. Featuring succulent Moroccan-spiced lamb, a Mediterranean salad with crumbly feta and a drizzle of lemon yoghurt, all wrapped up in a soft tortilla. Tempted for a taste yet?

**Pantry Staples:** Olive Oil



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan**



### 1 GET PREPPED

Finely chop the **tomato** and **cucumber**. Finely chop the **red onion**. Finely chop the **garlic** (or use a garlic press). Roughly chop the **cos lettuce** (see ingredients list). Grate the **carrot** (unpeeled). Pick and roughly chop the **mint leaves**. Zest the **lemon** (see ingredients list) to get a **pinch**, then slice into wedges.



### 2 MAKE THE GREEK SALAD

In a medium bowl combine **olive oil** (**1 tbs for 2 people/ 2tbs for 4 people**) with the **tomato, cucumber, 1/2 the onion** and **1/2 the mint**. **TIP:** *If you don't like raw onion, omit it from the salad and cook it all in step 3.* Crumble in the **feta** and season to taste with **salt** and **pepper**.



### 3 COOK THE LAMB

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **carrot** and the **remaining onion** and cook, stirring until softened, **3-4 minutes**. Add the **lamb mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add the **chermoula spice blend** (see ingredients list), **garlic, remaining mint, the salt** and season with **pepper**. Stir to combine and cook until fragrant, **1-2 minutes**.



### 4 MAKE THE LEMON YOGHURT

While the lamb is cooking, combine the **Greek yoghurt**, a **generous squeeze of lemon juice** and the **lemon zest** in a small bowl. Season with **salt** and **pepper**.



### 5 HEAT THE TORTILLAS

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, or until warmed through.



### 6 SERVE UP

Bring everything to the table to serve. Build your tacos by topping your tortillas with some chopped cos lettuce, chermoula lamb, Greek salad and a drizzle of lemon yoghurt. Serve with any remaining lemon wedges on the side.

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
tomato	1	2
cucumber	1 (medium)	1 (large)
red onion	1	2
garlic	2 cloves	4 cloves
cos lettuce	½ head	1 head
carrot	1	2
mint	1 bunch	1 bunch
lemon	½	1
feta	1 block (50g)	1 block (100g)
lamb mince	1 packet	1 packet
chermoula spice blend	1½ sachets	3 sachets
salt*	¼ tsp	½ tsp
Greek yoghurt	1 packet (100g)	2 packets (200g)
mini flour tortillas	8	16

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3320kJ (793Cal)	507kJ (121Cal)
Protein (g)	50.7g	7.7g
Fat, total (g)	30.6g	4.7g
- saturated (g)	11.5g	1.8g
Carbohydrate (g)	71.6g	10.9g
- sugars (g)	14.7g	2.2g
Sodium (g)	1530mg	233mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

## ENJOY!

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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