

Tunisian Lamb Rump & Sumac Yoghurt

with Cheesy Spinach Gozleme & Cherry Tomato Couscous Salad

Grab your Meal Kit with this symbol



Lamb Rump



Baby Spinach Leaves



Shredded Cheddar Cheese



Greek Salad Cheese/
Feta Cheese



Greek-Style Yoghurt



Turkish Sumac Seasoning



Cherry Tomatoes



Tunisian Seasoning



Pomegranate Molasses



Israeli Couscous



Rocket Leaves



Chicken-Style Stock Powder



Mini Flour Tortillas

 Hands-on: **30-40 mins**
 Ready in: **45-55 mins**

The star of this evening's dish is a little known Middle Eastern delicacy called sumac. Made from the ground berries of the sumac plant it has a great citrusy, tangy flavour that perfectly balances against the creaminess of the yoghurt. 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

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
Greek salad cheese/ feta cheese	1 packet (50g)	1 packet (100g)
egg*	1	2
Greek-style yoghurt	1 medium packet	1 large packet
Turkish sumac seasoning	1 sachet	2 sachets
cherry tomatoes	1 punnet	1 punnet
Tunisian seasoning	1 sachet	2 sachets
pomegranate molasses	1 medium packet	1 large packet
Israeli couscous	1 packet	2 packets
water*	1½ cups	3 cups
rocket leaves	1 bag (30g)	1 bag (60g)
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
white wine vinegar*	drizzle	drizzle
mini flour tortillas	4	8

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5692kJ (1360Cal)	943kJ (225Cal)
Protein (g)	70.8g	11.7g
Fat, total (g)	65.5g	10.8g
- saturated (g)	36.5g	6g
Carbohydrate (g)	100.9g	16.7g
- sugars (g)	16.2g	2.7g
Sodium (mg)	2712mg	449mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Start the lamb

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

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

4



Cook the couscous

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

2



Get prepped

While the lamb is cooking, roughly chop the **baby spinach leaves**. In a medium bowl, combine the **baby spinach, shredded Cheddar cheese, crumbled Greek salad cheese/feta cheese, egg** and a pinch of **salt**. Set aside. In a small bowl, combine the **Greek-style yoghurt** and 1/2 the **Turkish sumac seasoning**. Set aside. Halve the **cherry tomatoes**.

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

5



Make the gozleme

While the couscous is cooking, arrange 1/2 the **mini flour tortillas** (see ingredients) 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 until the cheese has melted slightly and the tortillas are golden, **5-8 minutes**.

3



Roast the lamb

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

TIP: The lamb will keep cooking as it rests!

6



Serve up

Slice the Tunisian lamb. Slice the gozleme into quarters. Bring everything to the table to serve. Help yourself to the lamb, cheesy spinach gozleme and cherry tomato couscous salad. Sprinkle the remaining sumac over the gozleme. Serve with the sumac yoghurt.

Enjoy!