



Product Spotlight: Cucumber

Cucumber consists of 96% water! It helps flush out toxins in your body. All that water in the cucumber acts as a virtual broom, sweeping waste products out of your system.



Harissa Lamb and Lentil Salad

Flavourful lamb mince and puy lentils cooked in harissa paste, served with a fresh salad of carrot, beetroot, cucumber and mint, and crumbled feta cheese.



30 minutes



4 servings



Lamb

Spice it up!

*For some extra texture and flavour,
sprinkle Dukkah over your finished dish.*

Per serve: **PROTEIN** 38g **TOTAL FAT** 55g **CARBOHYDRATES** 24g

FROM YOUR BOX

BROWN ONION	1
LAMB MINCE	600g
HARISSA PASTE	2 sachets
PUY LENTILS	200g
CARROTS	2
BETROOT	1
MINT	1 packet
LEBANESE CUCUMBER	1
FETA CHEESE	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, white wine vinegar, dried oregano

KEY UTENSILS

large frypan

NOTES

Serve beetroot as a separate topping to avoid the colour bleeding into the remainder of salad ingredients.



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1. SAUTÉ THE LAMB

Heat a large frypan over medium-high heat. Dice onion, add to pan along with lamb mince and harissa paste. Cook, while stirring, for 3-5 minutes until onion softens.



2. COOK THE LENTILS

Add lentils and **2 cups water** to pan. Cover and simmer for 15-20 minutes until lentils are tender. Add more water if needed. Season to taste with **salt and pepper**.



3. PREPARE THE VEGETABLES

Ribbon carrots, julienne or grate beetroot (see notes). Roughly chop mint and dice cucumber.



4. MAKE THE DRESSING

In a bowl, whisk together **2 tbsp olive oil, 1 tbsp vinegar, 1 tsp oregano, salt and pepper**.



5. TOSS THE SALAD

Toss prepared vegetables and dressing to combine well.



6. FINISH AND SERVE

Divide lamb evenly among shallow bowls and serve with salad. Crumble feta over to serve.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

