K2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Cucumber

Cucumbers are about 95% water, which is why they taste so crisp and refreshing. Fun fact: they are technically a fruit and belong to the same family as melons and pumpkins!

Harissa Lamb

and Lentil Salad

Harissa-spiced lamb mince and puy lentils served with a fresh salad of ribboned carrot, beetroot, cucumber and mint, topped with crumbled feta cheese.

30 minutes | 2 servings | Lamb

Spice it up!

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

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	52g	43g	53g

FROM YOUR BOX

SHALLOT	1
LAMB MINCE	300g
HARISSA PASTE	1 sachet
PUY LENTILS	100g
CARROT	1
BEETROOT	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 with a little **olive oil** over medium-high heat. Dice **shallot**, add to pan along with **lamb mince** and **harissa paste**. Cook, while stirring, for 3-5 minutes.



2. COOK THE LENTILS

Add **lentils** and **1 cup 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 **carrot**, julienne or grate **beetroot** (see notes). Roughly chop **mint** and dice **cucumber**.



4. MAKE THE DRESSING

In a bowl, whisk together **1 tbsp olive oil, 1/2 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.

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