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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 | 4/6 servings | Lamb

Spice it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	32g	49g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
LAMB MINCE	600g	600g + 300g
HARISSA PASTE	2 sachets	3 sachets
PUY LENTILS	200g	200g + 100g
CARROTS	2	3
BEETROOT	1	2
MINT	1 packet	1 packet
LEBANESE CUCUMBER	1	2
FETA CHEESE	1 packet	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 **onion**, add to pan along with **lamb mince** and **harissa paste**. Cook, while stirring, for 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**.

6P - add 3 cups water to the pan.



3. PREPARE THE VEGETABLES

Meanwhile, 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**.

6P - whisk together 3 tbsp olive oil, 2 tbsp vinegar, 2 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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