



Product Spotlight: Pomegranate

Native to the Middle East, pomegranates grow on deciduous shrubs that thrive in cool winters and hot, dry summers. They're one of the world's oldest cultivated fruits, enjoyed for over 4,000 years.



Jewelled Lamb with Hummus

West Australian lamb, cooked with a custom-blend spice mix over luscious hummus, topped with pomegranate seeds, fresh parsley and almonds, served with toasted flatbread.



30 minutes



2 servings



Lamb

Switch it up!

Use the flatbreads to make wraps! Spread hummus onto flatbread, fill with lamb and toppings!

Per serve: **PROTEIN** 40g **TOTAL FAT** 28g **CARBOHYDRATES** 64g

FROM YOUR BOX

LEMON	1
TINNED CHICKPEAS	400g
GARLIC CLOVE	1
PARSLEY	1 packet
LEBANESE CUCUMBER	1
POMEGRANATE	1
BROWN ONION	1
LAMB MINCE	300g
SHARWAMA SPICE MIX	1 packet
FLATBREAD	5-pack
FLAKED ALMONDS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

2 frypans, stick mixer or small blender/processor

NOTES

Another way to release the pomegranate seeds is to break the fruit apart (once cut in half) in a bowl of water. Remove white flesh and drain.

Serve this dish platter-style or individually.

No gluten option - flatbreads are replaced with GF Turkish bread rolls. Slice and toast in a dry pan until golden.

Shawarma spice mix: cinnamon, cardamom, coriander, turmeric, sumac, smoked paprika, cumin



1. MAKE THE HUMMUS

Zest **lemon** and drain **chickpeas**, reserving **1/4 cup of the liquid**. Add to a jug along with **juice from 1/3 lemon**, **1 1/2 tbsp olive oil**, and **peeled garlic clove**. Use a stick mixer to blend to smooth consistency. Season to taste with **salt and pepper**.



2. PREPARE THE TOPPINGS

Finely chop **parsley** (including tender stems). Dice **cucumber**. Roll **pomegranate** on the bench to release the **seeds**. Cut in half horizontally. Hold the cut half over a bowl and tap the **seeds** out (see notes).



3. COOK THE LAMB

Slice **onion**. Add to a frypan over medium-high heat along with **lamb** and **spice mix**. Sauté for 6–8 minutes until **onion** is soft and **lamb** is cooked. Season to taste with **salt and pepper**.



4. TOAST THE FLATBREAD

Heat a second frypan over medium-high heat with **oil**. Add **flatbreads**, in batches, and cook for 1–2 minutes each side until golden. Cut into triangles. Keep pan over heat for step 5.



5. TOAST THE ALMONDS

Add **almonds** to frypan over heat. Toast for 2–4 minutes until golden. Remove pan from heat.



6. FINISH AND SERVE

Spoon **hummus** on the base of plates (see notes). Add cooked **lamb**, **toppings** and **toasted almonds**. Serve with **toasted flatbread** triangles.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

