



Product Spotlight: Pomegranate

Native to the Middle East, Pomegranate trees are a deciduous shrub, thriving in areas with cool, mild winters and hot, arid summers. Pomegranates are one of the oldest cultivated fruit trees in the world, having been in existence for approximately 4000 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** 65g **TOTAL FAT** 56g **CARBOHYDRATES** 134g

FROM YOUR BOX

TINNED CHICKPEAS	400g
LEMON	1
PARSLEY	1 bunch
LEBANESE CUCUMBER	1
POMEGRANATE	1
BROWN ONION	1
LAMB MINCE	250g
SHARWAMA SPICE MIX	1 packet
FLATBREAD	5-pack
FLAKED ALMONDS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 garlic clove

KEY UTENSILS

2 frypans, stick mixer or small blender

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 wraps. Warm according to packet instructions.

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



1. MAKE THE HUMMUS

Drain and rinse chickpeas. Zest lemon and juice 1/2. Add to a jug as you go along with **3/4 tbsp water, 1 1/2 tbsp olive oil** and **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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

