



### 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



4/6 servings



Lamb

## Switch it up!

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

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	40g/49g	26g/31g	64g/70g

## FROM YOUR BOX

	4 PERSON	6 PERSON
LEMON	1	1
CHICKPEAS	2 x 400g	2 x 400g
GARLIC CLOVES	2	2
PARSLEY	1 packet	2 packets
LEBANESE CUCUMBERS	2	3
POMEGRANATE	1	1
BROWN ONION	1	1
LAMB MINCE	600g	600g + 300g
SHARWAMA SPICE MIX	1 packet	2 packets
FLATBREAD	5-pack	2 x 5-pack
FLAKED ALMONDS	1 packet	2 packets

## 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.

**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 **1/2 cup of the liquid**. Add to a jug along with **juice from 1/2 lemon, 1/4 cup olive oil**, and peeled **garlic cloves**. 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 **cucumbers**. 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**

