



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Cucumber

Cucumber consists of 96% water! It helps flush out toxins in your body. All that water in the cucumber acts as a virtual broom, sweeping waste products out of your system.



3 Harissa Lamb and Lentil Salad

Flavourful lamb mince and puy lentils cooked in harissa paste, served with a fresh salad of carrot, beetroot, cucumber and mint, and crumbled feta cheese.

 30 mins

 2 servings

 Lamb

7 May 2021

Spice it up!

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

Per serve: **PROTEIN** 48g **TOTAL FAT** 40g **CARBOHYDRATES** 93g

FROM YOUR BOX

BROWN ONION	1/2 *
LAMB MINCE	200g
HARISSA PASTE	1
PUY LENTIL	150g
CARROT	1
BETROOT	1
MINT	1 packet
LEBANESE CUCUMBER	1
FETA CHEESE	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt and pepper, white wine vinegar, dried oregano

KEY UTENSILS

large frypan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

No lamb option – lamb mince is replaced with chicken mince. Use oil when cooking.



1. SAUTÉ THE LAMB

Heat a frypan over medium-high heat. Dice onion, add to pan with lamb mince and harissa paste. Cook stirring for 3–5 minutes.



2. COOK THE LENTILS

Add lentils to frypan with **2 cups water**. Cover and simmer for 15–20 minutes until lentils are tender. Add more water if needed. Season with **salt and pepper**.



3. PREPARE VEGETABLES

Ribbon carrot, julienne or grate beetroot. 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 together prepared vegetables and dressing.



6. FINISH AND PLATE

Divide lamb evenly among shallow bowls, serve with salad, scatter with crumbled feta.

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

