







More Than Food
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Lebanese Lamb Tortillas with Minted Tzatziki and Toasted Almonds

It wasn't so very long ago that chef Patrick found himself wandering around the marketplaces of Beirut in search of culinary inspiration. And boy did he find some! The people of Lebanon have a sense of hospitality to rival the best of them and fortunately for Patrick their greatest expression of this is in their food. 15 minutes in one market and his hands were chock full of food given to him by the locals. This little number just happened to be one of them, so he felt inspired to re-create it for you. Yalla!



30 mins



2½ of your
5 a day



family box



healthy



Cucumber (1)



Garlic Clove (4)



Red Onion (1)



Baby Gem Lettuce (2)



Lemon (1)



Carrot (2)



Flaked Almonds (50g)



Lamb Mince (500g)



Cumin (1 tbsp)



Sumac (1 tsp)



Mint (½ bunch)



Yoghurt (4 tbsp)



Wholemeal Tortilla
(8)


4 PEOPLE INGREDIENTS

- Cucumber, chopped **1**
- Garlic Clove, chopped **4**
- Red Onion, chopped **1**
- Baby Gem Lettuce, shredded **2**
- Lemon **1**
- Carrot, shredded **2**
- Flaked Almonds **50g**
- Lamb Mince **500g**
- Cumin **1 tbsp**
- Sumac **1 tsp**
- Mint **½ bunch**
- Yoghurt **4 tbsp**
- Wholemeal Tortilla **8**

Allergens: Nut, Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	483 kcal / 2030 kJ	24 g	7 g	34 g	13 g	34 g	1 g
Per 100g	104 kcal / 436 kJ	5 g	2 g	7 g	3 g	7 g	0 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Sumac is PACKED with antioxidants and well on track to becoming the next BIG thing.

1



1 Cut the **cucumber** in half lengthways then each half lengthways again and then chop it into little cubes. Peel and finely chop the **garlic** and **onion**. Shred the **baby gem** and zest the **lemon**.

2



2 To shred the **carrot** cut deep slices into it lengthways but be careful not to cut all the way through. Once you have at least five slices along the **carrot** use a peeler to peel off strips. **Tip:** See the picture for a bit of help!

3 Heat a frying pan on high heat and toast the **almonds**. **Tip:** Watch your nuts like a hawk to make sure they don't burn! Remove and keep to the side for later.

4 Heat a splash of **oil** in the frying pan over medium-low heat. When hot, add your **onion** and cook until the **onion** softens (about 5 mins).

5 Add the **lamb mince**, season with a pinch of **salt** and a few grinds of **pepper**. Fry for 7-10 mins until browned off and cooked through. Drain off any excess fat, then add the **garlic**, **cumin** and **sumac** and cook for another minute. Turn your oven to 100 degrees.

5



6 Shred a few **mint leaves** and mix in a small bowl with the **yoghurt**, **cucumber** and **lemon zest**. Season with a little **salt** and **pepper**. **Tip:** This is your homemade tzatziki!

7 Warm the **tortillas** in your oven for a few mins to soften and heat through. Top your **tortillas** with your **lamb** mixture, your **salad** and your **tzatziki**. **Tip:** We like to roll up the tortillas with all the ingredients and eat with our hands! Garnish with your **almonds** and some **lemon wedges** and serve.

6



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