

Middle Eastern Lamb and Eggplant

Crumble

hellóchef

Ras el hanout is a North African spice mix that traditionally contains cinnamon, cumin, coriander and sometimes even rose petals.

Cals 1021 • Prot 63 • Carbs 71 • Fat 62

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🕒 cook: 45 min

R2587



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Lamb crumble	2 ppl	3 ppl	4 ppl	
Lamb mince	350	525	700	Grams
Shallots	2	3	4	Piece
Pine nuts 2*	20	30	40	Grams
Olive oil	1	2	2	Tbsp
Ras el hanout	5	8	10	Grams
Chilli flakes	2	2	2	Grams
Brown sugar	5	5	10	Grams
Soy sauce 9*, 10*, 11*	20	30	40	ML

Eggplants and garnish

Eggplant	2	2	3	Piece
Vegetable oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Fresh mint	10	10	10	Grams
Pomegranate	1	1	2	Piece

Tahini sauce

Garlic cloves	1	2	2	Piece
Tahini 3*	30	40	60	Grams
Mayonnaise 5*, 9*, 13*	20	30	50	Grams
Natural yogurt 4*	170	170	340	Grams
White vinegar	15	22	30	ML
Water	15	22	30	ML
Salt	0.5	0.5	1	Tsp

Allergens

*2 Tree Nuts, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *5 Eggs, *13 Mustard, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

	Per Serving*
Energy (kJ/kcal)	3928 / 1021
Fat (g)	61.8
of which saturates (g)	17.6
Carbohydrate (g)	71
of which sugars (g)	41.8
Fiber (g)	19.9
Protein (g)	63.2
Salt (g)	2.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast eggplants

Preheat the oven to 200°C/ 180°C fan. Cut the **eggplants** in half, lengthwise. Score them in a criss-cross pattern, around two thirds into the flesh. Place the **eggplants** on a baking tray, skin-side down. Drizzle with a generous lug of **vegetable oil** and season liberally with **salt**. Rub the **salt** and **oil** into the flesh with cleans hands. Roast for 30-35 min.



2 Prep

Meanwhile, peel and finely slice the **shallots**. Roughly chop the **pine nuts**. Chop the **mint** leaves finely. Peel and mince the **garlic**. Halve the **pomegranate**. Hold each **pomegranate** half over a large bowl, seeds facing down and hit the skin with a wooden spoon, squeezing a little to release the seeds. Discard the shell and membrane.



3 Make tahini sauce

Add the crushed **garlic**, **tahini**, **mayonnaise**, **natural yogurt**, **white vinegar**, a splash of cold **water** and a pinch of **salt** to a bowl and whisk until fully combined - this is your **tahini sauce**.



4 Fry lamb

Heat a large pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **lamb mince** and fry for 5-6 min or until browned. Add the **shallots**, **Ras el hanout** and **chilli flakes (spicy!)** and cook for 3 min. Add the **brown sugar** and **soy sauce** and cook for 1 min. Remove the pan from the heat and add the **pine nuts**.



5 Serve

Once ready, pile the **lamb** crumble over the roasted **eggplant** halves. Drizzle with the **tahini sauce** and garnish with **pomegranate** seeds and chopped **mint**.