# Lamb and Feta Salad

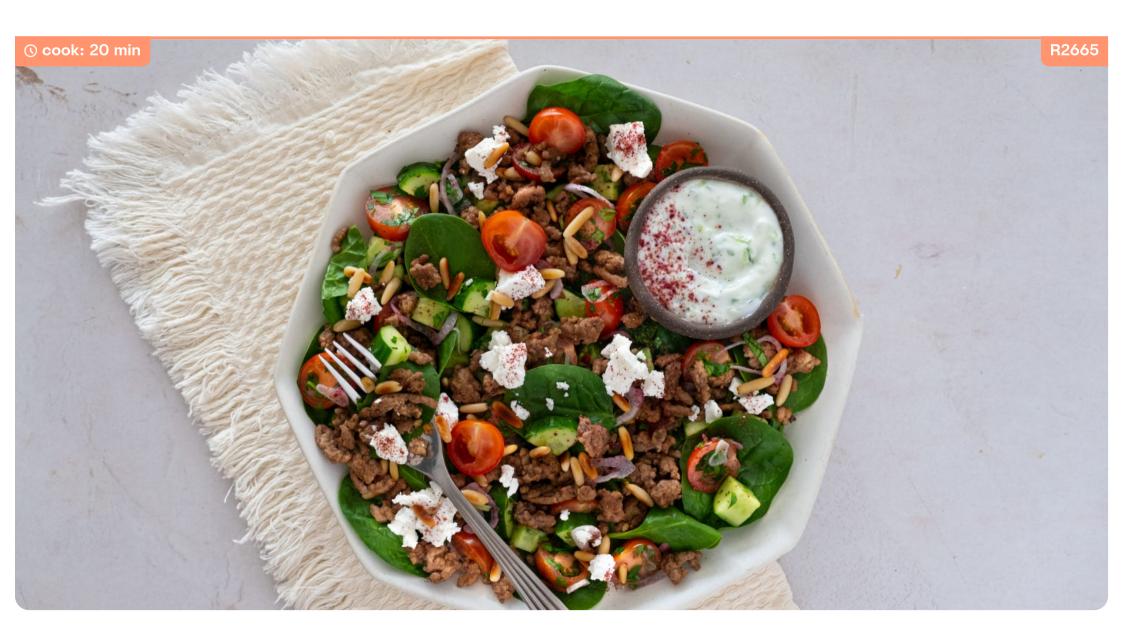
with Tzatziki

The Mediterranean meets the Middle East in this spicy, fresh salad!

# hellóchef

Cals 631 • Prot 43 • Carbs 31 • Fat 33

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## Before you start

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

#### Ingredients

3				
Lamb mix	2 ppl	3 ppl	4 ppl	
Lean lamb mince	350	525	700	Grams
Garlic cloves	2	3	4	Piece
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Coriander cumin powder	4	8	8	Grams
Chilli flakes	2	2	2	Grams
Black pepper	0.5	0.5	1	Tsp
Feta cheese 4*	50	75	100	Grams
For salad				
Red onion	1	1	2	Piece
Lemon	1	1	1	Piece
Salt	0.5	0.5	1	Tsp
Pine nuts 2*	10	20	20	Grams
Cherry tomatoes	150	250	300	Grams
Baby spinach	40	60	90	Grams
Fresh parsley	15	15	15	Grams
Sumac	2	4	4	Grams
Tzatziki				
Cucumber	2	2	4	Piece
Natural yogurt <b>4</b> *	170	170	340	Grams
Salt	0.5	0.5	0.5	Tsp
Allawasas				



#### \*4 Milk, \*2 Tree Nuts

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/koal)	2903 / 631
Fat (g)	33.3
of which saturates (g)	18.3
Carbohydrate (g)	31
of which sugars (g)	15.6
Fiber (g)	6.7
Protein (g)	43.2
Salt (g)	2.9

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



#### 1 Marinate

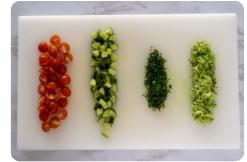
Peel the **red onion** and slice it into thin rings. Juice the **lemon** into a bowl. Add the onion rings and a pinch of salt. Set aside.

Tip! Marinating the red onion in lemon and olive oil with a pinch of salt softens its texture and flavour.



#### 2 Toast nuts

Meanwhile, heat a pan over a medium heat. Once hot, add the pine nuts and toast for 2-3 min until lightly browned. Transfer the pine nuts to a plate and set aside.



## 3 Prep

Halve the **cherry tomatoes**. Rinse and dry the spinach. Chop the parsley. Chop half of the cucumbers. Grate the remaining cucumbers (for the tzatziki).



#### 4 Make tzatziki

Squeeze any excess water from the grated **cucumber**. In a bowl, combine the grated **cucumber** with the **yogurt**. Season with a pinch of salt. Mix well and set aside.

Tip! If you like your tzatziki garlicky, add half a clove, grated.



# 5 Fry lamb

Peel and mince the **aarlic**. Heat a pan over a high heat with a drizzle of oil. Fry the lamb mince with a pinch of salt for 5-7 min or until browned. Add the garlic, coriander cumin powder, chilli flakes (spicy!) and black pepper. Cook for 2 min further. Remove from the heat and keep warm.



#### 6 Serve

Combine the tomatoes, spinach, chopped cucumbers and chopped parsley with the marinated red onion. Toss well and divide among plates. Top with the warm lamb mix. Sprinkle with the toasted pine nuts and sumac powder. Crumble the feta over the top. Serve the tzatziki on the side.