

Lamb and Feta Salad

with Tzatziki

hellóchef

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

Cals 631 • Prot 43 • Carbs 31 • Fat 33

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🕒 cook: 20 min

R2665

Before you start

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

Ingredients

| 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 4* | 170 | 170 | 340 | Grams |
| Salt | 0.5 | 0.5 | 0.5 | Tsp |

Allergens

*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/kcal) | 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 **garlic**. 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.