



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

**Cooking Time: 20 min | Gluten-Free**  
**Cals 596 | Prot 44 | Carbs 22 | Fat 41**

### Tips For Fussy Eaters

Reserve some of the lamb mince and use it in a pasta sauce along with the tomatoes and a dash of cream. Serve with pasta.

### Pro Tip

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



## Ingredients

For 2 For 3 For 4

### Lamb mix

Lean lamb mince	350	525	700	Grams
Garlic cloves	2	3	4	Piece
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	0.5	Tsp
Coriander cumin powder	4	8	8	Grams
Chilli flakes	2	2	2	Grams
Black pepper	0.5	0.5	1	Tsp
Feta cheese	50	75	100	Grams

### For salad

Red onion	1	1	2	Piece
Lemon	1	1	1	Piece
Salt	0.5	0.5	0.5	Tsp
Pine nuts	20	30	40	Grams
Cherry tomatoes	150	250	300	Grams
Baby spinach	40	60	60	Grams
Fresh parsley	15	15	15	Grams
Sumac	2	4	4	Grams

### Tzatziki

Cucumber	2	2	3	Piece
Natural yogurt	170	170	340	Grams
Salt	0.5	0.5	0.5	Tsp



### 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.



### 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.)



### 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.



### 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.



### 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).



### 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.



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