

Braised Eggs in Levantine Lamb and Lentil Stew with Tahini

hellóchef

The flavours of this Palestine-inspired dish are intense!

Cals 940 • Prot 64 • Carbs 53 • Fat 48

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🕒 cook: 30 min

R2874



Before you start

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

Ingredients

Pan	2 ppl	3 ppl	4 ppl	
Lean lamb mince	350	525	700	Grams
Canned lentils	265	530	530	Grams
Red onion	1	2	2	Piece
Garlic cloves	3	5	6	Piece
Whole almonds 1*, 2*	40	60	80	Grams
Cherry tomatoes	150	250	300	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Cumin powder	2	4	4	Grams
Harissa paste	20	30	40	Grams
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Water	200	300	400	ML
Worcestershire sauce 6*, 11*	15	22	30	ML
Dried oregano	2	2	4	Grams
Honey	15	15	30	Grams
Tomato paste	50	70	70	Grams
Organic Eggs 5*	2	3	4	Piece

Garnish

Lemon	1	1	2	Piece
Tahini 3*	20	30	40	Grams
Mayonnaise 5*, 9*, 13*	8	16	16	Grams
Fresh parsley	15	15	15	Grams
Sumac	2	4	4	Grams

Allergens

*1 Peanuts, *2 Tree Nuts, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *6 Fish, *11 Gluten, *3 Sesame Seeds, *13 Mustard

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)	3975 / 940
Fat (g)	47.8
of which saturates (g)	17.6
Carbohydrate (g)	53
of which sugars (g)	16
Fiber (g)	17
Protein (g)	63.8
Salt (g)	4.8

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



1 Prep

Drain and rinse the **lentils**. Peel and finely chop the **onion** and **garlic**. Roughly chop the **almonds**. Halve the **cherry tomatoes**.



2 Sauté

Heat a large pan with a very generous drizzle of **olive oil** over a medium heat. Add the **onion** and fry with a pinch of **salt** for 5–6 min until softened.



3 Add lamb

Once softened add the **lamb mince** and fry for 5 min further until browned and crispy. Add the **garlic, cumin, oregano, harissa (spicy!), almonds** and **cherry tomatoes** and fry for 1 min.



4 Simmer

Add the **lentils, stock cube, measured water, Worcestershire sauce, honey** and **tomato paste**. Cover with a lid and simmer for 5–10 min.



5 Prep tahini

Meanwhile, juice the **lemon**. In a bowl, whisk together the **tahini**, {1/1.5/2} Tbsp of the **lemon** juice, **mayonnaise** and a pinch of **salt**. Roughly chop the **parsley**.



6 Add eggs

After 5 min, using a spoon, make grooves in the **lamb** mix. Crack the **eggs** into the grooves. Cook, covered, for 4–5 min further or until the **eggs** are cooked to your liking. Drizzle with the **tahini** mixture and garnish with the **sumac** and **parsley**.