



Everything
But The Chef

hello@hellofresh.com.au

02 81 888 722

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Moroccan Lamb Pitas

This is such a brilliantly simple idea: to cook this delicious spiced lamb mince from within the pita bread. The result is a perfectly fused parcel of delectable lamb and crispy bread. Along with the classic Lebanese inclusions of yoghurt, tomatoes, parsley and cucumber, it's hard not to be impressed by these clever little pitas. Don't be afraid to get firm with them to ensure a well-sealed package of delights!

Prep: 10 mins



Cook: 25 mins

Total: 35 mins



level 2



high
protein



high fibre



Olive Oil



Moroccan Mince



Parsley



Red Onion



Wholemeal Pita
Pockets



Tomato



Cucumber



Yoghurt

2P	4P	Ingredients
250 g	500 g	Moroccan mince
½ bunch	1 bunch	parsley, finely chopped
1 tbs	2 tbs	olive oil *
½	1	red onion, finely sliced
1 packet	2 packets	wholemeal pita pockets
1	2	tomato, chopped
1	2	cucumber, chopped
1 tub	2 tubs	yoghurt

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	4040	Kj
Protein	58.1	g
Fat, total	34	g
-saturated	11.9	g
Carbohydrate	99.6	g
-sugars	11.7	g
Sodium	1050	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chopping board, chef's knife, bowl, medium frying pan, lined oven tray, and a medium bowl.

1 Preheat the oven to **180°C/160°C** fan-forced.

2 In a bowl, combine the **Moroccan mince**, **parsley**, **olive oil**, and half of the **red onion**.

3 Working one at a time, open each **wholemeal pita pocket** by cutting along the seam, halfway around the perimeter. Spoon lamb mixture into each pita spreading to the edges. Close, pressing on the filling to seal. Repeat for the remaining pita pockets.

4 Heat a medium frying pan over a medium-high heat. Add the pitas one at a time (two if you can fit them in your pan) and cook for **2-3 minutes** on each side, or until the filling starts to brown and the bread is crisp. Place in the oven to keep warm while you cook the remaining pitas. Don't worry if the filling isn't cooked through completely, it will finish cooking in the oven. Place the final pitas in the oven for at least **5 minutes** to ensure the lamb is cooked all the way through.

5 In a medium bowl, combine the **cucumber**, **tomato** and remaining red onion.

6 Cut the lamb pitas in half and divide between plates with the salad and a dollop of **yoghurt**.



Did you know? Pita bread is cooked in an extremely hot oven, causing the dough to puff up, creating a pocket perfect for stuffing!