



Everything  
But The Chef

hello@hellofresh.com.au

02 81 888 722

WK49  
2015



Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

## Shawarma Lamb with Tabbouleh

This wholesome dish is a testament to the wisdom of traditional Middle Eastern cooking. Everything you need for a speedy, nutritious dinner is here - and you better believe that means flavour as well. For a tender shawarma that will have your mouth watering, marinate the lamb for as long as you can bear it - you could even leave this in the fridge overnight to really develop the flavour. The aroma of spiced meat never fails to send us off into a souk-reverie!

**Prep:** 10 mins  
**Cook:** 30 mins  
**Total:** 40 mins



level 1



high  
protein



low  
sodium

### Pantry Items



Olive Oil



Red Wine  
Vinegar



Boiling  
Water



Shawarma Spice Mix



Diced Lamb



Couscous



Tomato



Cucumber



Mint



Parsley



Lemon



Yoghurt

2P	4P	Ingredients
1 tsp	2 tsp	shawarma spice mix
1 tbs	2 tbs	olive oil *
1 tbs	2 tbs	red wine vinegar *
300 g	600 g	diced lamb
½ cup	1 cup	couscous
½ cup	1 cup	boiling water *
1	2	tomato, roughly chopped
1	2	cucumber, roughly chopped
1 bunch	2 bunches	mint, finely chopped
½ bunch	1 bunch	parsley, finely chopped
½ tub	1 tub	yoghurt
½	1	lemon, cut into wedges

⊕ May feature in another recipe

\* Pantry Items

### Nutrition per serving

Energy	2310	Kj
Protein	43.9	g
Fat, total	17.5	g
-saturated	6	g
Carbohydrate	51.8	g
-sugars	5.3	g
Sodium	229	mg

### Measuretool

0 cm	1 cm	2 cm



**You will need:** chef's knife, chopping board, medium bowl, bowl, cling wrap, and a medium frying pan.

**1** Combine the **shawarma spice mix**, **olive oil** and **red wine vinegar** in a medium bowl. Add the **diced lamb**, season well with **salt** and **pepper**, and toss until the lamb is well coated. Set aside (the longer you leave it the more the flavours will develop - we recommend at least **20 minutes**).



**2** Meanwhile, place the **couscous** and **boiling water** in a bowl and cover with cling wrap. Set aside for **5 minutes**. Remove the cling wrap and fluff with a fork. Stir through the **tomato**, **cucumber**, **mint** and **parsley**. Drizzle with some olive oil and season to taste with salt and pepper. Set aside.



**3** Heat a medium frying pan over a medium-high heat. Add the shawarma lamb and cook for **4-5 minutes**, stirring regularly, or until the lamb is brown on all sides.



**4** To serve, divide the tabbouleh and lamb between plates. Dollop with the **yoghurt** and serve with the **lemon wedges**.

**Did you know?** The word “tabbouleh” originates from the Arabic word “taabil” meaning seasoning.