



Shawarma Spiced Lamb and Roasted Broccoli

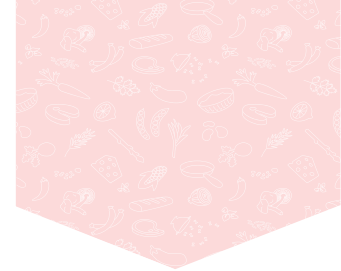
with Cucumber Tzatziki

FAMILY 35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Ground Lamb



Broccoli, florets



Parsley



Garlic



Lemon



Greek Yogurt



Cherry Tomatoes



Cucumber



Shawarma Spice Blend



Dill



Bulgur Wheat



Vegetable Broth Concentrate

HELLO BULGUR

This grain has a light, nutty flavour and is commonly used in Middle Eastern cooking

START HERE

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking Sheet, Measuring Cups & Spoons, Zester, Box Grater, Medium Pot, Small Bowl, Large Non-Stick Pan, Garlic Press

Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
Broccoli, florets	227 g	454 g
Parsley	7 g	14 g
Garlic	6 g	12 g
Lemon	1	1
Greek Yogurt	100 g	200 g
Cherry Tomatoes	113 g	227 g
Cucumber	66 g	132 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Dill	7 g	14 g
Bulgur Wheat	½ cup	1 cup
Vegetable Broth Concentrate	1	2
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. ROAST BROCCOLI

Add **¾ cup water** (dbl for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat. Cut **broccoli** into bite-sized pieces. Toss **broccoli** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring halfway through cooking, until golden-brown, 18-20 min.



4. COOK LAMB

Heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tsp oil** (dbl for 4 ppl), then the **lamb**, **shawarma spice blend** and **half the garlic**. Cook, breaking up **lamb** into smaller pieces, until no pink remains, 4-5 min. ** Season with **salt** and **pepper**.



2. COOK BULGUR

While **broccoli** roasts, add **bulgur** to the pot of **boiling water**. Remove pot from heat. Cover and let stand, until **bulgur** is tender and **liquid** is absorbed, 15-16 min.



5. MAKE TZATZIKI

While the **lamb** cooks, drain the **liquid** from the small bowl with the **grated cucumber**. Add the **yogurt**, **dill**, **¼ tsp garlic**, **¼ tsp lemon zest** and **½ tsp sugar** (dbl all for 4 ppl.) to the small bowl and stir to combine.



3. PREP

While **bulgur** cooks, peel, then mince or grate **garlic**. Roughly chop the **parsley**. Finely chop the **dill**. Halve the **tomatoes**. Zest, then juice **half the lemon**. Cut the **remaining lemon** into wedges. Grate the **cucumber** into a small bowl and season with **salt**. Set aside.



6. FINISH AND SERVE

When **bulgur** is done, fluff with a fork. Stir in **tomatoes**, **parsley**, **1 tsp lemon zest**, **½ tsp lemon juice** and **2 tbsp oil** (dbl all for 4 ppl). Season with **salt** and **pepper**. Divide the **bulgur** between plates. Top with the **broccoli** and **shawarma spiced lamb**. Dollop with **cucumber tzatziki** and squeeze over **lemon wedge**, if desired.

Dinner Solved!