



MILD HARISSA LAMB TACOS

with Tomato Salsa & Yoghurt Drizzle



Make a Middle Eastern taco



Cherry Tomatoes



Parsley



Red Onion



Garlic



Cos Lettuce Leaves



Greek Yoghurt



Lamb Mince



Harissa Paste



Mini Flour Tortillas

Hands-on: 20 mins
Ready in: 30 mins

Harissa, the chilli-based condiment originating from North Africa varies in heat from mild to fiery. Our version is definitely on the mild side, with a gentle heat plus warming spices. It's the ideal sauce to complement lamb, and with a fresh cherry tomato salsa plus a creamy yoghurt drizzle, these tacos are a burst of flavour in every bite!

Pantry Staples: Olive Oil, Vinegar (White Wine Or Red Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan**



1 GET PREPPED

Quarter the **cherry tomatoes**. Finely chop the **parsley**. Finely chop the **red onion**. Finely chop the **garlic** (or use a garlic press). Shred the **cos lettuce leaves**.



2 MAKE THE TOMATO SALSA

In a small bowl, combine the **cherry tomatoes, parsley** and **1/2 the red onion**. Add the **vinegar, drizzle** with a little **olive oil** and season with **salt** and **pepper**. Stir well and set aside. **TIP:** *If you don't like raw onion, omit it from the salsa and cook it all in step 4.*



3 MAKE THE YOGHURT DRIZZLE

In a small bowl, combine the **Greek yoghurt** and the **water**. Season with **salt** and **pepper**.



4 COOK THE LAMB

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **remaining red onion** and cook for **2-3 minutes**, or until softened. Add the **lamb mince** and cook, breaking up with a wooden spoon, for **4-5 minutes** or until browned. Add the **garlic**, the **salt** and season with **pepper**. Stir to combine and cook for a further **1 minute** or until fragrant. Remove from the heat and stir through the **harissa paste**.



5 HEAT THE TORTILLAS

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, or until warmed through.



6 SERVE UP

Bring everything to the table. Build your tacos by topping your tortillas with some shredded cos lettuce, harissa lamb, tomato salsa and finishing with a yoghurt drizzle.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cherry tomatoes	1 punnet	2 punnets
parsley	1 bag	1 bag
red onion	1	2
garlic	1 clove	2 cloves
cos lettuce leaves	1 bag (150g)	2 bags (300g)
vinegar* (white wine or red wine)	2 tsp	4 tsp
Greek yoghurt	1 tub (100 g)	1 tub (185 g)
water*	4 tsp	2 ½ tbs
lamb mince	1 packet	1 packet
harissa paste	1 sachet	2 sachets
salt*	½ tsp	1 tsp
mini flour tortillas	6	12

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2620kJ (626Cal)	433kJ (103Cal)
Protein (g)	43.7g	7.2g
Fat, total (g)	21.5g	3.6g
- saturated (g)	7.2g	1.2g
Carbohydrate (g)	58.4g	9.6g
- sugars (g)	13.9g	2.3g
Sodium (g)	1080mg	178mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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