



Middle Eastern Lamb Rissole Salad

with Crumbly Cheese & Garlic Aioli

Grab your Meal Kit with this symbol



Garlic



Carrot



Flaked Almonds



Lamb Mince



Ras El Hanout



Chicken-Style Stock Powder



Panko Breadcrumbs



Shredded Cabbage Mix



Baby Spinach Leaves



Garlic Aioli



Greek Salad Cheese/
Feta Cheese

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**

Carb Smart

Lamb mince is so rich and flavourful; it really ups the ante when it comes to rissoles. Inspired by Middle Eastern eating at its best, this dish is part traditional fare with ras el hanout seasoning, part modern innovation with the low-carb shredded cabbage base, crunchy and tasty in equal measure.

Pantry items

Olive Oil, Egg, Honey, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
carrot	1	2
flaked almonds	1 packet	2 packets
lamb mince	1 packet	1 packet
ras el hanout	1 sachet	2 sachets
chicken-style stock powder	1 sachet	1 sachet
panko breadcrumbs	½ packet	1 packet
egg*	1	2
honey*	1 tsp	2 tsp
shredded cabbage mix	1 bag (150g)	1 bag (300g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
garlic aioli	1 packet (50g)	1 packet (100g)
Greek salad cheese/ feta cheese	1 packet (50g)	2 packets (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2405kJ (575Cal)	593kJ (142Cal)
Protein (g)	39.5g	9.7g
Fat, total (g)	33.4g	8.2g
- saturated (g)	9g	2.2g
Carbohydrate (g)	28.2g	7g
- sugars (g)	11.3g	2.8g
Sodium (mg)	1172mg	289mg
Dietary Fibre	7.3g	1.8g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped & toast the almonds

- Finely chop **garlic**. Grate **carrot**.
- Heat a large frying pan over a medium-high heat. Toast **flaked almonds** until golden, **2-3 minutes**. Transfer to a bowl and set aside.

3



Toss the slaw

- Meanwhile, combine **shredded cabbage mix**, **carrot**, **baby spinach leaves** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season to taste.

2



Cook the lamb rissoles

- In a large bowl, combine **lamb mince**, **garlic**, **ras el hanout**, **chicken-style stock powder**, **panko breadcrumbs** (see ingredients) and **egg**.
- Shape **lamb mixture** into evenly sized patties (2 per person).
- Return frying pan to a medium-high heat with a drizzle of **olive oil**. Cook **lamb rissoles** until just cooked through, **3-4 minutes** each side.
- Remove from heat, then add **honey** and turn **patties** to coat.

4



Serve up

- Divide slaw between bowls. Top with Middle Eastern lamb rissoles.
- Dollop with **garlic aioli**. Crumble over **cheese** and garnish with toasted almonds to serve.

Enjoy!