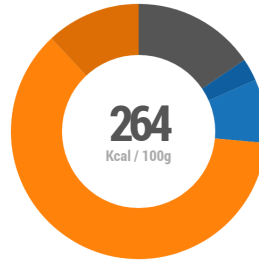


Houmous with crispy lamb, toasted pine nuts and mint (website)

OVERVIEW ...



CALORIES:

10.9% Carbs

15.5% Protein

73.5% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



SESAME

MAY CONTAIN:



WHEAT

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

121392 Sysco Classic Reduced Fat Houmous..
HOUMOUS

BRAKES **100g**

N/A

107509 British Red Tractor 20% Fat Lamb Mince..
LAMB

BRAKES **50g**

unchanged

18018 Brakes Pine Kernels.. - BRAKES
18018 PINE KERNELS

BRAKES **10g**

0.01 x Each

unchanged

113882 Premium Large Mint Bunch.. - BRAKES
113882 PREMIUM LARGE MINT BUNCH FRESH DIRECT

BRAKES **5g**

0.05 x Each

N/A

74817 Pomegranate Seeds..
POMEGRANATE SEEDS

BRAKES **5g**

Each

unchanged

120190 Sweet Red-Drop Peppers..
SWEET RED-DROP PEPPERS

BRAKES **10g**

unchanged

34002 Sysco Classic Ground Cumin..
GROUND CUMIN

BRAKES **5g**

N/A

148955 Radish.. - BRAKES

 148955 RADISH

BRAKES

5g

0.02 x Each

unchanged

100262 Extra Virgin Olive Oil..

EXTRA VIRGIN OLIVE OIL

BRAKES

10ml

unchanged

105597 Micro Coriander BB.. - BRAKES

 105597 MICRO CORIANDER BB

BRAKES

2g

0.07 x Each

N/A

134289 Sysco Classic Smoked Paprika.. - BRAKES

 134289 PAPRIKA

BRAKES

2g

0 x Each

N/A

PRODUCTS / PACK SIZES ...

1 Serving



 204g / 554kcal

 # 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Toast the pine nuts
Pick mint leaves
Slice radish

Method:

1. In a bowl mix the lamb with the cumin and season.
2. In a pan over a medium heat fry the lamb, once cooked and crispy add in the mint, pomegranate seeds and pine nuts.
3. Spread the houmous onto a suitable dish and leave a small crater in the centre.
4. Garnish with the lamb and then drizzle over the oil and add picked herbs, seeds and radish to finish.
5. Dust with smoked paprika to finish - serve!