# *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 | 100g | | *N/A* |
| 107509 British Red Tractor 20% Fat Lamb Mince.. LAMB | 50g | | *unchanged* |
| 18018 Pine Kernels.. - 18018 PINE KERNELS | 10g | 0.01 x Each | *unchanged* |
| 113882 Premium Large Mint Bunch.. - 113882 PREMIUM LARGE MINT BUNCH FRESH DIRECT | 5g | 0.05 x Each | *N/A* |
| 74817 Pomegranate Seeds.. POMEGRANATE SEEDS | 5g | Each | *unchanged* |
| 120190 Sweet Red-Drop Peppers.. SWEET RED-DROP PEPPERS | 10g | | *unchanged* |
| 34002 Sysco Classic Ground Cumin.. GROUND CUMIN | 5g | | *N/A* |

| | | | | |
|---|---|---|---|---|
| 148955 Radish.. -<br>148955 RADISH | | 5g | 0.02 x Each | *unchanged* |
| 100262 Extra Virgin Olive Oil..<br>EXTRA VIRGIN OLIVE OIL | | 10ml | | *unchanged* |
| 105597 Micro Coriander BB.. -<br>105597 MICRO CORIANDER BB | | 2g | 0.07 x Each | *N/A* |
| 134289 Sysco Classic Smoked Paprika.. -<br>134289 PAPRIKA | | 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!