

SPICED LAMB LETTUCE CUPS WITH JUST HUMMUS ROASTED CARROT & HONEY



Makes 18



Prep Time 10 minutes



Cook Time 20 minutes



INGREDIENTS

- 500g lamb mince
- 1 small red onion, finely chopped
- 1 clove of garlic, crushed
- 1 tsp ground cumin
- ½ tsp ground allspice
- ¼ tsp dried mint
- ½ cup water
- 2 Tbsp tomato paste

METHOD

1. Heat a dash of oil in a fry-pan over medium high heat. Add the lamb mince and cook for 5 minutes until golden brown. Add onion and garlic and cook for a further 2 to 3 minutes. Add the cumin, allspice, mint, water and tomato paste. Bring to the boil and simmer for 12 to 15

- ¼ cup chopped fresh coriander
- 18 small lettuce leaves
- 175g pottle **Just Hummus roasted carrot & honey**
- ¼ cup chopped fresh coriander for garnish
- 3 Tbsp toasted pinenuts
- Seeds of 1 pomegranate

minutes until the liquid has evaporated and the lamb is tender. Stir in ¼ cup chopped coriander. Allow to cool slightly.

2. Spoon a tablespoon of the mince mixture into each lettuce cup. Top with a dollop of **Just Hummus roasted carrot & honey**, some coriander for garnish and a sprinkle of pinenuts and pomegranate seeds.

TIPS

For a middle eastern flavour boost, add 2 tsp pomegranate molasses when adding the tomato paste.