



NUTRITION *per serving* 85g carbohydrates 48g fat 68g protein 1010mg sodium | dairy-free, soy-free, nut-free



Calories
1027



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Intermediate



Spice Level
Not Spicy

IN YOUR BOX

- 1 Shallot
- 2 Garlic Cloves
- 1 Lemon
- 3 Mint Sprigs
- 15 oz. Canned Chickpeas
- 12 oz. Ground Lamb-Beef Blend
- 2 oz. Liquid Egg
- ¼ Cup Tahini
- 2 Pita Breads
- 2 oz. Baby Arugula

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Colander
- Mixing Bowl
- 2 Small Bowls

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HOME CHEF

Lamb Meatball Pita

with garlicky tahini sauce and minted-chickpea mash

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Preheat oven to **450 degrees**
- Prepare a baking sheet with foil and cooking spray
- Place a colander in the sink

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** Half the **zest** is used in the meatballs, and the remainder garnishes the **arugula salad**.
- **Heads Up!** **Lemon juice** is used not once, not twice, but thrice! Both **chickpea mash** and **tahini dressing** receive 1 Tbsp., and 1 tsp. is used in the **arugula salad**.
- **Heads Up!** **Arugula** is used twice. Half is used in the **side salad**, and the remaining tops finished **pitas**.

FROM THE CHEF

Warming pitas makes them pliable and more tender.

Did you know...

Tahini is a condiment made from toasted ground sesame seeds and is a staple in nearly all Mediterranean Rim countries. Along with chickpeas, it is a key ingredient for making hummus.



Prepare the Ingredients

Peel and mince **shallot**. Mince **garlic**. Zest **lemon**, halve, and juice. Stem **mint**, stack leaves, roll into a long cylinder, and slice across the length to create very thin strips (**chiffonade**). Drain and rinse **chickpeas** in colander.



Make Chickpea Mash

In just-washed mixing bowl, mash **chickpeas** with a fork or potato masher until coarsely mashed. Add 1 Tbsp. **lemon juice** and **mint**. Mix and season with ½ tsp. **salt** and a pinch of **pepper**. Add 1 Tbsp. **water** at a time, if necessary, to give chickpeas a spreadable texture.



Form the Meatballs

Combine **ground beef-lamb**, **shallot**, **liquid egg**, half the **lemon zest**, ½ tsp. **salt**, and ¼ tsp. **pepper** in a mixing bowl until well-mixed. Form into 8 golf ball-sized meatballs. Place on prepared baking sheet and bake 15-18 minutes, or until meatballs reach a minimum internal temperature of 165 degrees. Thoroughly wash mixing bowl for chickpea mash.



Toast Pita

Wrap **pitas** in a foil packet and place in hot oven for 2-3 minutes until warm and pliable. Alternatively, wrap pitas in a paper towel and microwave 30 seconds.



Make Tahini Sauce

Combine **tahini**, **garlic**, 1 Tbsp. **lemon juice**, and ¼ cup **water** in a small bowl. Whisk until combined and season with ¼ tsp. **salt** and a pinch of **pepper**. Set aside.



Plate the Dish

In a small bowl, toss half the **arugula** with 1 tsp. **lemon juice** and 2 tsp. **olive oil**. Season with a pinch of **salt** and **pepper** and garnish with remaining **zest**. Schmear **minted-chickpea mash** on **pita**. Top with four **meatballs** and remaining arugula. Serve with **arugula salad** and **tahini sauce**.