



Lamb and White Bean Hummus Tortilla Wraps

15'

Hands on

30 minutes'

Hands off

20'

Cook Time

4

Portion(s)

2

Difficulty



Method

For the white bean hummus

- Beat all of the ingredients for the hummus in a blender for 30 seconds.
- Transfer to a bowl and set aside until needed.

For the lamb

- In a large nonmetallic bowl, add the lamb, 1 tablespoon olive oil, lemon zest, lemon zest, rosemary and peppers. Toss to combine.
- Cover the bowl with plastic wrap and refrigerate for 30 minutes.
- Place a pan over high heat and allow it to get very hot. Brown the meat on all sides.
- When ready, transfer meat to a plate. Wipe down pan with some paper towels and use it to sauté the peppers with 1 tablespoon olive oil. When they turn golden, repeat the same process with the eggplant. Slice the eggplant right before you cook it so that it doesn't turn brown in color.
- Heat the tortillas in a pan over medium heat. You can use a little olive oil if you like.
- When the lamb and vegetables are ready, fill the tortillas and top with some of the white bean hummus and wrap. Serve with some rocket.

Tip

The flour tortillas need to be heated up a little so they can be nice and soft.

Ingredients

- 500 g lamb, boneless and cut into 1 ½ cm pieces
- grated zest and juice from 1 lemon
- 2 sprigs of fresh rosemary, finely chopped
- 3 peppers, yellow red and orange, seeds removed and thinly sliced
- 1 small eggplant, thinly sliced
- 4 flour tortillas

For white bean hummus

- 400 g canned white beans, washed and drained
- 1 tablespoon strained yogurt, preferably Greek
- 2 tablespoons lemon juice
- 2 tablespoons peanut butter

Διατροφικός πίνακας

Nutrition information per portion

654 Calories (kcal)	30.0 Total Fat (g)	11.0 Saturated Fat (g)	51.0 Total Carbs (g)
33%	43%	55%	20%
10.0 Sugars (g)	39.0 Protein (g)	9.9 Fibre (g)	2.1 Sodium (g)
11%	78%	40%	35%