

Lamb Arayes

Based on a recipe by Yotam Ottelenghi

Ingredients (4 servings)

1/2 lb ground lamb
1/2 cup of finely chopped mint
1 small onion coarsely grated
1 tomato coarsely grated (discard skin)
1 clove garlic crushed
12 corn tortillas
80 g of old cheddar
2 hearty tbsps of tahini
1 tsp pomegranate molasses
1/2 tsp allspice
1/2 tbsp sumac
Olive oil



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

Instructions

Mix together the lamb meat, mint, grated onion, tomato, 1/2 tsp of salt and seasoning mix (tahini, sumac, allspice, pomegranate molasses). Put 1 tbsp of olive oil in a non-stick pan and place over medium-low heat. Add as many tortillas as will fit in your pan. Spread a thin layer (about 1/4 to 1/2 inch thick) of the lamb mix onto half of the tortilla, sprinkle with grated cheddar and gently fold into a half moon. Fry gently for 2 minutes on each side, or until the tortilla is golden brown and the meat is cooked through. Transfer to an oven sheet and keep warm in the oven while finishing the rest of the arayas. Wipe pan clean of lamb juice if need be before adding more oil and tortillas. Continue until all of the tortillas are done and the lamb meat is gone. Sprinkle all of the arayas with a pinch of salt and serve hot or warm alongside a salad or sliced tomatoes and cucumbers (or both!). Bon appetit!

Heads up!

The lamb in this meal kit came from a farm right here in Grey County! Lena Landei Country Culture's lamb is pasture-raised without the use of hormones, antibiotics, or commercial feed. To learn more check out the farm at <https://www.facebook.com/people/Lena-Landei/>