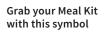


with Pickled Cucumber & Mint Yoghurt

NEW



















Lamb Mince



Middle Eastern

Seasoning



Fine Breadcrumbs





**Baby Spinach** 



Leaves



**Pantry items** 

Prep in: 25-35 mins Ready in: 25-35 mins

Calorie Smart\* \*Custom recipe is not Calorie Smart It's lamb koftas in golden, fluffy couscous tonight and we know it's going to be a delight when you get a taste of the pickled

cucumber and carrot couscous. The fragrant mint yoghurt adds a cooling touch to mildly spiced lamb koftas.

Olive Oil, White Wine Vinegar, Egg, Honey, Butter

#### Before you start Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Large frying pan · Medium saucepan with a lid

## Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1/2	1		
cucumber	1 (medium)	1 (large)		
garlic	3 cloves	6 cloves		
mint	½ bag	1 bag		
white wine vinegar*	1/4 cup	½ cup		
lamb mince	1 packet	1 packet		
Middle Eastern seasoning	1 sachet	2 sachets		
fine breadcrumbs	1 medium packet	1 large packet		
egg*	1	2		
honey*	2 tsp	4 tsp		
butter*	20g	40g		
water*	¾ cup	1½ cups		
salt*	1/4 tsp	½ tsp		
couscous	1 packet	1 packet		
baby spinach leaves	1 small bag	1 medium bag		
Greek-style yoghurt	1 medium packet	1 large packet		
Greek-style yoghurt**	1 medium packet	1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2646kJ (632Cal)	581kJ (139Cal)
Protein (g)	41.7g	9.2g
Fat, total (g)	23.9g	5.2g
- saturated (g)	10.7g	2.3g
Carbohydrate (g)	64.5g	14.2g
- sugars (g)	11.6g	2.5g
Sodium (mg)	1006mg	221mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2829kJ (676Cal)	560kJ (134Cal)
Protein (g)	44.6g	8.8g
Fat, total (g)	26.3g	5.2g
- saturated (g)	12.1g	2.4g
Carbohydrate (g)	70.7g	14g
- sugars (g)	14.5g	2.9g
Sodium (mg)	1034mg	205mg

The quantities provided above are averages only.

# **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns





# Get prepped

- Grate carrot (see ingredients). Thinly slice cucumber and cut into half moons. Finely chop garlic. Pick and thinly slice mint leaves (see ingredients).
- In a medium bowl, combine the white wine vinegar and a good pinch of sugar and salt.
- Add cucumber to the pickling liquid with enough water to just cover the cucumber and set aside.

**TIP:** Slicing the cucumber very thinly helps it pickle faster!



## Make the carrot couscous

- While the koftas are cooking, heat a medium saucepan over medium-high heat with a drizzle of olive oil. Cook carrot, stirring, until softened, 1-2 minutes.
- Add the **butter** and remaining **garlic** and cook until fragrant, **1 minute**.
- Add the water and salt and bring to the boil. Add couscous and stir to combine. Cover with a lid and remove from heat. Set aside until water has absorbed, 5 minutes. Fluff up with a fork.
- · Add baby spinach leaves and stir to combine.



#### Cook the koftas

- In a second medium bowl, combine lamb mince, Middle Eastern seasoning, fine breadcrumbs, the egg, half the garlic and a pinch of salt.
- Using damp hands, roll the lamb mixture into small koftas (3-4 per person).
  Transfer to a plate.
- In a large frying pan, heat a generous drizzle of olive oil over medium-high heat. Cook koftas, turning, until browned and cooked through,
   8-10 minutes (cook in batches if your pan is getting crowded).
- Remove pan from heat and add the honey and a dash of water. Turn koftas to coat.



# Serve up

- In a small bowl, combine Greek-style yoghurt and mint.
- Drain pickled cucumber.
- Divide carrot couscous between bowls. Top with Middle Eastern lamb koftas. Serve with pickled cucumber and mint yoghurt. Enjoy!

**Custom Recipe:** If you've doubled your Greek-style yoghurt, prep mint yoghurt in a medium bowl.