



Middle Eastern Lamb Kofta Couscous Bowl

with Pickled Cucumber & Mint Yoghurt

NEW

Grab your Meal Kit with this symbol



Carrot



Cucumber



Garlic



Mint



Lamb Mince



Middle Eastern Seasoning



Fine Breadcrumbs



Couscous



Baby Spinach Leaves



Greek-Style Yoghurt



Greek-Style Yoghurt

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	½	1
cucumber	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
mint	½ bag	1 bag
white wine vinegar*	¼ 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*	¼ 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

*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

2024 | CW04



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.

Rate your recipe

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