



# Middle Eastern Honey-Glazed Lamb Koftas

with Garden Salad, Roast Veggies & Garlic Dip

DIETITIAN APPROVED\*

Grab your Meal Kit with this symbol



Beetroot



White Turnip



Potato



Garlic



Tomato



Cucumber



Lamb Mince



Middle Eastern Seasoning



Fine Breadcrumbs



Mixed Salad Leaves



Garlic Dip



Beef Mince

Prep in: 20-30 mins  
Ready in: 30-40 mins  
Calorie Smart\*



\*Custom Recipe is not Calorie Smart or Dietitian Approved

Plate up dinner tonight with this fragrant, Middle Eastern signature dish. These juicy koftas are packed with a flavourful, mild spice blend that pack a punch. With a finishing drizzle of garlic sauce, we rate this mouth-watering meal 4/4 stars!

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

### Pantry items

Olive Oil, Egg, Honey, White Wine Vinegar

## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

|                            | 2 People        | 4 People                             |
|----------------------------|-----------------|--------------------------------------|
| <b>olive oil*</b>          | refer to method | refer to method                      |
| beetroot                   | 1               | 2                                    |
| white turnip               | 1               | 2                                    |
| potato                     | 1               | 2                                    |
| garlic                     | 2 cloves        | 4 cloves                             |
| tomato                     | 1               | 2                                    |
| cucumber                   | 1 (medium)      | 1 (large)                            |
| lamb mince                 | 1 packet        | 1 packet                             |
| Middle Eastern seasoning   | 1 sachet        | 2 sachets                            |
| fine breadcrumbs           | 1 medium packet | 1 large packet                       |
| <b>egg*</b>                | 1               | 2                                    |
| <b>honey*</b>              | 1 tsp           | 2 tsp                                |
| mixed salad leaves         | 1 small bag     | 1 medium bag                         |
| <b>white wine vinegar*</b> | drizzle         | drizzle                              |
| garlic dip                 | 1 medium packet | 1 large packet                       |
| beef mince**               | 1 small packet  | 2 small packets<br>OR 1 large packet |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2556kJ (611Cal) | 421kJ (101Cal) |
| Protein (g)      | 38g             | 6.3g           |
| Fat, total (g)   | 28.9g           | 4.8g           |
| - saturated (g)  | 4.9g            | 0.8g           |
| Carbohydrate (g) | 47g             | 7.7g           |
| - sugars (g)     | 23.5g           | 3.9g           |
| Sodium (mg)      | 857mg           | 141mg          |

### Custom Recipe

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2999kJ (717Cal) | 494kJ (118Cal) |
| Protein (g)      | 41.1g           | 6.8g           |
| Fat, total (g)   | 38.1g           | 6.3g           |
| - saturated (g)  | 9.9g            | 1.6g           |
| Carbohydrate (g) | 47g             | 7.7g           |
| - sugars (g)     | 23.5g           | 3.9g           |
| Sodium (mg)      | 838mg           | 138mg          |

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](https://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 | CW07



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Cut **beetroot** into 1cm chunks. Peel **white turnip**. Cut **potato** and **turnip** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with a pinch of **salt** and toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.



## Cook the koftas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **koftas**, turning, until browned and cooked through, **10-12 minutes** (cook in batches if your pan is getting crowded).
- Remove pan from the heat, then add the **honey** and turn **koftas** to coat.

**Custom Recipe:** Cook beef koftas in batches for best result.



## Get prepped

- Meanwhile, finely chop **garlic**. Roughly chop **tomato** and **cucumber**.



## Toss the salad

- In a large bowl, combine **mixed salad leaves**, **tomato**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



## Prep the koftas

- In a medium bowl, combine **lamb mince**, **Middle Eastern seasoning**, **garlic**, **fine breadcrumbs**, the **egg** and a pinch of **salt** and **pepper**.
- Using damp hands, roll the **lamb mixture** into koftas (3-4 per person).

**Custom Recipe:** If you've swapped lamb mince to beef mince, follow instruction as above.



## Serve up

- Divide garden salad, roast veggies and Middle Eastern honey-glazed lamb koftas between plates.
- Serve with **garlic dip**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)