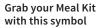


# Middle Eastern Honey-Glazed Lamb Koftas with Garden Salad, Roast Veggies & Garlic Dip

DIETITIAN APPROVED\*













Tomato

Potato



Cucumber





Lamb Mince

Middle Eastern Seasoning





Fine Breadcrumbs

Mixed Salad Leaves





Garlic Dip

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!

**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

ingi edients				
	2 People	4 People		
olive oil*	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		
egg*	1	2		
honey*	1 tsp	2 tsp		
mixed salad leaves	1 small bag	1 medium bag		
white wine vinegar*	drizzle	drizzle		
garlic dip	1 medium packet	1 large packet		
beef mince**	1 small packet	2 small packets OR 1 large packet		

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

# **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2556kJ (611Cal)	<b>421kJ</b> (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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# 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.



# Get prepped

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



# 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.



## 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.



## 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.



# Serve up

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



