



Easy Lamb Koftas & Cucumber Ribbon Couscous with Flaked Almonds & Garlic Yoghurt

FEEL-GOOD TAKEAWAY

NEW

CLIMATE SUPERSTAR

Grab your meal kit
with this number

30



Cucumber



Lemon



Garlic



Carrot



Thyme



Flaked Almonds



Lamb Mince



Fine Breadcrumbs



Middle Eastern
Seasoning



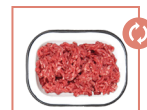
Pearl (Israeli)
Couscous



Greek-Style
Yoghurt



Baby Leaves



Beef
Mince



Lamb
Mince

Recipe Update

We've replaced the couscous in this recipe with pearl couscous due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 25-35 mins

Protein Rich

Calorie Smart

Spice up your mealtime with lamb koftas! Juicy, savoury and packed with flavour, these bundles of joy go perfectly with a vibrant couscous salad and tangy garlic yoghurt. Load up your plate and dig in.

Pantry items

Olive Oil, Egg

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
lemon	½	1
garlic	3 cloves	6 cloves
carrot	1	2
thyme	½ medium packet	1 medium packet
flaked almonds	1 packet	2 packets
lamb mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
Middle Eastern seasoning	1 sachet	2 sachets
egg*	1	2
pearl (Israeli) couscous	1 packet	2 packets
water*	1½ cups	3 cups
Greek-style yoghurt	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2468kJ (590cal)	263kJ (63cal)
Protein (g)	41.5g	4.4g
Fat, total (g)	18.7g	2g
- saturated (g)	5g	0.5g
Carbohydrate (g)	61g	6.5g
- sugars (g)	13.7g	1.5g
Sodium (mg)	562mg	59.8mg
Dietary Fibre (g)	10.1g	1.1g

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 | CW36



Get prepped

- Using a vegetable peeler, peel **cucumber** into ribbons. Slice **lemon** into wedges. Finely chop **garlic**. Grate **carrot**.
- Pick **thyme leaves** and roughly chop.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl and set aside.
- In a large bowl, combine **lamb mince**, **fine breadcrumbs**, **Middle Eastern seasoning**, **thyme**, the **egg** and a pinch of **salt**.
- Using damp hands, roll **lamb mixture** into small koftas (you should get 3 koftas per person).



Cook the koftas

- Meanwhile, return frying pan to medium-high heat with a drizzle of **olive oil**. Cook remaining **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste and set aside.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **koftas**, turning regularly, until browned and cooked through, **10-12 minutes** (cook in batches if your pan is getting crowded).

CUSTOM OPTIONS

SWAP TO BEEF MINCE
Follow method above.

DOUBLE LAMB MINCE
Follow method above.



Cook the pearl couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Add **carrot** and half the **garlic** and cook, stirring, until softened, **2-3 minutes**.
- Add **pearl couscous** and toast, stirring occasionally, until golden, **1-2 minutes**.
- Add the **water** and a pinch of **salt** and bring to the boil. Cook, uncovered on medium-high heat, stirring occasionally until tender and the water is absorbed, **10-12 minutes**.



Serve up

- To the saucepan with the pearl couscous, add cucumber, **baby leaves**, a generous squeeze of lemon juice and a drizzle of olive oil. Season to taste.
- Divide couscous salad between bowls.
- Top with lamb koftas and a dollop of garlic yoghurt.
- Sprinkle with flaked almonds and serve with any remaining lemon wedges. Enjoy!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

