



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

FEEL-GOOD TAKEAWAY

CLIMATE SUPERSTAR

Grab your meal kit with this number

30



Cucumber



Lemon



Garlic



Carrot



Thyme



Lamb Mince



Fine Breadcrumbs



Middle Eastern Seasoning



Chicken-Style Stock Powder



Couscous



Currants



Greek-Style Yoghurt



Baby Leaves



Lamb Mince



Beef Mince

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 large packet	1 large packet
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
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
currants	1 medium packet	2 medium packets
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 | CW44



Get prepped

- Using a vegetable peeler, peel **cucumber** into ribbons. Slice **lemon** into wedges. Finely chop **garlic**. Grate **carrot**.
- Pick **thyme leaves (see ingredients)** and roughly chop.
- 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, heat a large frying pan over 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).



Cook the 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 the **water** and **chicken-style stock powder** and bring to the boil.
- Add **couscous** and **currants**, then stir to combine. Cover with a lid and remove from heat.
- Set aside until water is absorbed, **5 minutes**. Fluff up with a fork.



Serve up

- To the saucepan with the 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.
- Serve with any remaining lemon wedges. Enjoy!

CUSTOM OPTIONS

+ **DOUBLE LAMB MINCE**
Follow method above.

↻ **SWAP TO BEEF MINCE**
Follow method above.

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

