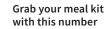


Easy Lamb Koftas & Cucumber Ribbon Couscous

with Almonds & Garlic Yoghurt

FEEL-GOOD TAKEAWAY

CLIMATE SUPERSTAR



















Lamb Mince

Carrot

Thyme



Fine Breadcrumbs



Middle Eastern

Seasoning



Chicken-Style Stock Powder





Currants



Greek-Style Yoghurt



Baby Leaves



Pantry items Olive Oil, Egg



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



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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
cucumber	1 (medium)	1 (large)	
lemon	1/2	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.



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.



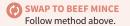
Serve up

- 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!









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

