



Easy Lamb Kofta & Cucumber Salad

with Rapid Rice

FEEL-GOOD TAKEAWAY

NEW

Grab your meal kit
with this number

30



Jasmine Rice



Cucumber



Lamb Mince



Fine Breadcrumbs



Chermoula Spice Blend



Moroccan Curry Paste



Cream



Mixed Salad Leaves



Beef Mince



Pork Mince

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

It's lamb koftas and fluffy rice tonight, and we know it's going to be a new favourite when you get a taste of that Moroccan curry glaze! All you need is some crunch from the cucumber salad and there you have it - another home-run for weeknight dinners.

Pantry items

Olive Oil, Egg, Honey, White Wine Vinegar

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 a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
lamb mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
egg*	1	2
Moroccan curry paste	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
cream	½ packet	1 packet
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4371kJ (1045cal)	445kJ (106cal)
Protein (g)	37.2g	3.8g
Fat, total (g)	60.9g	6.2g
- saturated (g)	33.7g	3.4g
Carbohydrate (g)	84g	8.6g
- sugars (g)	12.4g	1.3g
Sodium (mg)	1049mg	106.8mg
Dietary Fibre (g)	5.3g	0.5g

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.

1



Cook the rice

- Add the **water** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan from heat and keep covered until **rice** is tender and the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

3



Cook the koftas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **koftas**, turning regularly, until browned and cooked through, **10-12 minutes** (cook in batches if your pan is getting crowded).
- Reduce heat to medium, add **Moroccan curry paste**, the **honey**, **cream** (see ingredients) and a splash of **water**, and cook, stirring until reduced, **2-3 minutes**. Season with **salt** and **pepper**.

2



Get prepped

- Meanwhile, slice **cucumber** into half-moons.
- In a large bowl, combine **lamb mince**, **fine breadcrumbs**, **chermoula spice blend** and the **egg**.
- Using damp hands, roll **lamb mixture** into koftas about 8cm long and 2.5cm thick (3 per person).

4



Serve up

- In a large bowl, combine **mixed salad leaves**, cucumber, a drizzle of **white wine vinegar** and a drizzle of olive oil. Season to taste.
- Divide rapid rice between bowls.
- Top with lamb koftas and cucumber salad. Pour Moroccan sauce over koftas. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



**CUSTOM
OPTIONS**

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

 **SWAP TO PORK 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.

