



LEBANESE LAMB KOFTAS

with Quinoa & Lemon Yoghurt



Make a quinoa tabbouleh



Tri Colour Quinoa



Vegetable Stock



Garlic



Tomato



Parsley



Carrot



Lemon



Lamb Mince



Pine Nuts



Chermoula Spice Blend



Fine Breadcrumbs



Greek Yoghurt

Hands-on: 20 mins
Ready in: 25 mins

Plate up dinner tonight with this fragrant, Middle Eastern signature dish. These juicy koftas are packed with a flavourful, mild spice blend and a delicate bite from the hidden pine nuts. With a finishing drizzle of zesty yoghurt, we rate this mouth-watering meal 4/4 stars!

Pantry Staples: Olive Oil, Egg

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large frying pan** • **medium sauce pan**



1 COOK THE QUINOA

Finely chop the **garlic** (or use a garlic press). Rinse the **tri-colour quinoa** well. In a medium saucepan, heat a **drizzle of olive oil** over a medium-high heat. Once hot, add **1/3** of the **garlic** and cook until fragrant, **1 minute**. Add the quinoa, **water**, and crumbled **vegetable stock (1/2 cube for 2 people / 1 cube for 4 people)**. Bring to the boil, then reduce the heat to medium and simmer until tender, **15 minutes**. If any liquid remains, drain then return to the pan. Set aside to cool.



2 PREP THE VEG

While the quinoa is cooking, finely chop the **tomato**. Pick and finely chop the **parsley**. Grate the **carrot** (unpeeled). Zest the **lemon (see ingredients list)** to get a **good pinch**, then slice into wedges. In a medium bowl, combine the **tomato, carrot, a squeeze of lemon juice** and **1/2 the parsley**.



3 MAKE THE KOFTAS

In a large bowl, combine the **lamb mince, pine nuts, remaining garlic, chermoula spice blend, salt, egg** and **fine breadcrumbs**. Using damp hands, shape the lamb mixture into 6cm x 2.5cm koftas and place on a plate. You should get 4 koftas per person.



4 COOK THE KOFTAS

Heat a large frying pan over a medium-high heat with a **drizzle of olive oil**. Add the **lamb koftas** and cook, turning until browned, **2-3 minutes**. Reduce the heat to medium and cook until cooked through, **7-9 minutes**.
TIP: The koftas are cooked when they are no longer pink inside.



5 MAKE THE DRESSING

While the koftas are cooking, combine the **Greek yoghurt** and a **good squeeze of lemon juice** in a small bowl. Season to taste with **salt** and **pepper**. Add the **lemon zest** to the saucepan with the **quinoa** and stir to combine.



6 SERVE UP

Divide the quinoa between plates and top with the Lebanese koftas. Serve with tomato and carrot salsa on the side. Serve with the lemon yoghurt and garnish with the remaining parsley.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
tri colour quinoa	1 packet	2 packets
water*	1½ cups	3 cups
vegetable stock	½ cube	1 cube
tomato	1	2
parsley	1 bunch	1 bunch
carrot	1	2
lemon	½	1
lamb mince	1 packet	1 packet
pine nuts	1 packet	2 packets
chermoula spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
egg*	1	2
fine breadcrumbs	1 packet	2 packets
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3570kJ (852Cal)	601kJ (143Cal)
Protein (g)	48.9g	8.2g
Fat, total (g)	31.4g	5.3g
- saturated (g)	14.3g	2.4g
Carbohydrate (g)	84.0g	14.1g
- sugars (g)	16.4g	2.8g
Sodium (g)	979mg	165mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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