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## Easy Lamb Koftas with Fresh Couscous Salad

The secret to this dish is the lamb mince. A masterclass in authentic Lebanese flavours, the neighbours will be peering over the fence as your aromatic koftas start to sizzle. If you're using wooden skewers, don't forget to soak them in water to avoid splinters!



**Prep:** 10 mins

**Cook:** 25 mins

**Total:** 35 mins



level 2



high  
protein

### Pantry Items



Skewers



Water



Olive Oil



Lamb Kofta Mince



Couscous



Lime



Coriander



Tomato



Cucumber




Yoghurt

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2P	4P	Ingredients
300 g	600 g	lamb kofta mince
8	16	skewers (optional) *
½ cup	1 cup	couscous
½ cup	1 cup	boiling water *
½	1	lime, zested & juiced
1 tbs	2 tbs	olive oil *
½ bunch	1 bunch	coriander, finely chopped
1	2	tomato, finely diced
1	2	cucumber, finely diced
1 tub	2 tubs	yoghurt



Ingredient features in another recipe



Pantry Items



Pre-preparation

Nutrition per serve

Energy	3340	Kj
Protein	52.9	g
Fat, total	40.5	g
-saturated	14.6	g
Carbohydrate	54.2	g
-sugars	8	g
Sodium	717	mg



**You will need:** *chef's knife, chopping board, zester, cling wrap, plate, small bowl, medium bowl, plate, and a medium frying pan.*



**1** Roll the **lamb kofta mince** into 8 cm long sausages and place on a plate. If you're using **skewers**, insert the sausages onto the skewers (you should get four koftas per person).

**2** Place the **couscous** and **boiling water** in a medium bowl and cover tightly with cling wrap. Leave to sit for **5 minutes**. Remove the wrap, add the **lime zest** and half of the **olive oil** and fluff the couscous with a fork. Add the **coriander, tomato** and **cucumber**.

**3** Meanwhile, heat the remaining olive oil in a medium frying pan over a medium-high heat. Cook the koftas, turning occasionally for **5-7 minutes**, or until browned and cooked through.

**4** Combine the **lime juice** and **yoghurt** in a small bowl.

**5** To serve, divide the couscous and koftas between plates and serve with the lime yoghurt.



**Did you know?** The phrase “cool as a cucumber” is derived from the cucumber’s ability to cool blood temperature.