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WK13  
2016



## Easy Lamb Koftas with Tabouli Couscous & Tzatziki

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



helping  
hands

### Pantry Items



Skewers



Water



Olive Oil



Lamb Mince



Cumin & Cinnamon  
Spice Mix



Couscous



Lime



Parsley



Tomato



Cucumber



Slivered  
Almonds



Greek Yoghurt



Mint

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QTY	Ingredients
600 g	lamb mince
2 tsp	cumin & cinnamon spice mix
10	short bamboo skewers *
1 ½ cups	couscous
1 ½ cups	boiling water *
1	lime, zested & sliced into wedges
1 tbs	olive oil *
½ bunch	parsley, leaves picked & finely chopped
2	tomatoes, diced
2	cucumbers, diced
¼ cup	slivered almonds (optional)
1 tub	Greek yoghurt
1 bunch	mint, leaves picked & finely chopped

⊕ Ingredients features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2960	Kj
Protein	48.1	g
Fat, total	22	g
-saturated	7	g
Carbohydrate	76.1	g
-sugars	6.5	g
Sodium	170	mg



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

**1** In a large bowl, combine the **lamb mince** with the **cumin & cinnamon spice mix**. Season with **salt** and **pepper**. Roll the lamb mince mixture into 10 cm long sausages and place on a plate. If you're using skewers, insert the sausages onto the skewers (you should get 10 koftas).



**2** Place the **couscous** in a large bowl with the **boiling water** (the trick to fluffy couscous is equal parts boiling water and couscous). Stir and then cover the bowl tightly with cling wrap, leave to sit for **5 minutes**. Remove the cling wrap, add the **lime zest** and half of the **olive oil** and fluff the couscous with a fork. Add the **parsley**, **tomato**, **cucumber** and **slivered almonds** (if you're using them). Season to taste with salt and pepper.

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

**4** In a small bowl, combine the **lime juice** from half the wedges, Greek **yoghurt** and **mint**. Season with salt and pepper.

**5** To serve, divide the couscous and koftas between plates and top with a drizzle of the mint yoghurt. Serve the remaining lime wedges on the side.



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