



BBQ Lamb Shawarma Koftas & Spiced Chicken with Roasted Aubergine, Flatbreads and Cucumber Salad

33

BBQ Feast 45-50 Minutes • Mild Spice • 3 of your 5 a day



-  Aubergine
-  Lemon
-  Ras el Hanout
-  Shawarma Spice Mix
-  Baby Plum Tomatoes
-  Cucumber
-  Greek Style Natural Yoghurt
-  Garlic Clove
-  Chicken Thigh
-  Panko Breadcrumbs
-  Lamb Mince
-  Mint
-  Greek Style Flatbreads

Pantry Items
Oil, Salt, Pepper, Olive Oil, Sugar

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, fine grater, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	1½	2
Garlic Clove**	2	3	4
Lemon**	1	1	1
Chicken Thigh**	2	3	4
Ras el Hanout	1 sachet	1 sachet	1 sachet
Panko Breadcrumbs 13)	10g	20g	25g
Shawarma Spice Mix	1 sachet	2 sachets	2 sachets
Lamb Mince**	200g	300g	400g
Baby Plum Tomatoes	125g	190g	250g
Mint**	1 bunch	1 bunch	1 bunch
Cucumber**	½	½	1
Greek Style Flatbreads 13)	2	3	4
Greek Style Natural Yoghurt 7)	150g	225g	300g

Pantry	2P	3P	4P
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Salt for the Breadcrumbs*	¼ tbsp	½ tbsp	½ tbsp
Sugar for the Dressing*	½ tbsp	½ tbsp	1 tbsp
Olive Oil for the Dressing*	1 tbsp	1 tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	728g	100g
Energy (kJ/kcal)	3538/846	486/116
Fat (g)	45.4	6.2
Sat. Fat (g)	15.8	2.2
Carbohydrate (g)	55.3	7.6
Sugars (g)	15.4	2.1
Protein (g)	53.5	7.4
Salt (g)	1.88	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Start the Prep

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **aubergine**, then slice into 1cm thick rounds and lay onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**.

Pop the **chicken** into a medium bowl with the **ras el hanout**, **lemon zest** and **olive oil for the marinade** (see ingredients for amount). Season with **salt** and **pepper**, then mix well to coat.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.



Cook your Koftas

After 8-10 mins of roasting time, turn over the **aubergine slices** and add the **kofta** tray to the middle shelf of your oven.

Bake everything for the remaining time until the **koftas** are browned on the outside and cooked through, 12-15 mins.

Alternatively, BBQ the **koftas** if you'd prefer. **IMPORTANT:** The koftas are cooked when no longer pink in the middle.



Make and Shape

In another medium bowl, combine the **breadcrumbs**, **shawarma spice mix**, **garlic**, **water** and **salt for the breadcrumbs** (see ingredients for both amounts), then add the **lamb mince**.

Season with **pepper** and mix together with your hands. Shape into large sausage shapes, 2 per person.

Flatten to make **koftas**, then pop onto another baking tray. **IMPORTANT:** Wash your hands and equipment after handling raw mince and its packaging.



Fry the Spiced Chicken

Meanwhile, heat a large frying pan on medium-high heat (no oil).

Once hot, lay the **marinated chicken thighs** flat in the pan. Fry until browned on each side and cooked through, 13-15 mins. Turn every 2-3 mins. Alternatively, BBQ the **chicken** if you'd prefer.

Once cooked, transfer to a plate and cover to keep warm. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Salad Prep

When the oven is hot, roast the **aubergine** on the top shelf until soft and golden, 20-25 mins.

Meanwhile, halve the **tomatoes**. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Trim the **cucumber** (see ingredients for amount), then quarter lengthways. Chop widthways into small pieces.

In a large bowl, combine the **sugar** and **olive oil for the dressing** (see ingredients for both amounts) with a squeeze of **lemon juice**, then set your **dressing** aside.



Finish and Feast

When everything is almost ready, pop the **flatbreads** onto a baking tray. Drizzle with a little **oil**, then pop into the oven until starting to turn golden, 3-4 mins.

Meanwhile, add the **cucumber**, **tomatoes** and **three quarters** of the **mint** to the **dressing** bowl, then toss together. Combine the **yoghurt** and remaining **mint** in another bowl.

When ready, share the **chicken**, **koftas** and **roasted aubergine** between your plates. Serve with the **salad**, **flatbreads**, **mint yoghurt** and any remaining **lemon** cut into **wedges** alongside.

Enjoy!