



Chermoula Lamb Skewers and Lemon Oregano Chicken with Zhoug Orzo and Charred Pepper & Roasted Aubergine Feta Salad

Nº 20

BBQ FEAST 40 Minutes • Little Heat • 2.5 of your 5 a day



Skewers



Panko Breadcrumbs



Chermoula Spice



Lamb Mince



Lemon



Dried Oregano



Chicken Thigh



Aubergine



Red Pepper



Orzo



Zhoug Paste



Feta Cheese

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Measuring Jug, Saucepan, Two Baking Trays, Sieve and Frying Pan.

Ingredients

	2P	3P	4P
Skewers	4	6	8
Panko Breadcrumbs 13)	25g	25g	50g
Chermoula Spice	1 pot	1 pot	2 pots
Water for the Koftas*	2 tbsp	3 tbsp	4 tbsp
Lamb Mince**	200g	300g	400g
Lemon**	½	1	1
Olive Oil for the Chicken*	1½ tbsp	2 tbsp	2 tbsp
Dried Oregano	1 pot	1½ pots	2 pots
Chicken Thigh**	4	6	8
Aubergine**	1	1	2
Red Pepper**	2	3	4
Orzo 13)	180g	240g	360g
Zhoug Paste	1 sachet	2 sachets	2 sachets
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp
Feta Cheese 7) **	1 block	2 blocks	2 blocks

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	815g	100g
Energy (kJ/kcal)	5745/1373	705/168
Fat (g)	76	9
Sat. Fat (g)	24	3
Carbohydrate (g)	93	11
Sugars (g)	17	2
Protein (g)	76	9
Salt (g)	2.63	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

♻️ You can recycle me!



Packed in the UK



1. Prep the Lamb

Soak your skewers in a bowl of **water**. Preheat your oven to 200°C. Put the **breadcrumbs, chermoula spice mix, and water** (see ingredients for amount) into a large bowl. Mix together, then add the **lamb mince**. Season with **salt and pepper**. Mix with your hands and shape into 2 sausage shapes per person. Flatten to make **koftas** and thread a **skewer** into each one. Pop on a plate and put in the fridge until ready to cook. **IMPORTANT: Wash your hands after handling raw meat.**



4. Cook the Orzo

Add the **orzo** to the boiling **water** and simmer until tender, 10-12 mins. Once cooked, drain in a sieve, then run some cold **water** through to cool the **orzo**. Drain well, then put the **orzo** in the bowl you want to serve it in. Add the **zhoug**, stir to combine, then set aside. Squeeze the remaining **lemon juice** into a medium bowl (that you want to serve the **aubergine and pepper salad** in). Add the **olive oil** (see ingredients for amount), season with **salt and pepper**. Crumble the **feta** into chunks.



2. Prep the Chicken

Zest and halve the **lemon**. Pop the **lemon zest** and halve the **lemon juice** into a large bowl along with the **olive oil** (see ingredients for amount) and dried **oregano**. Season with **salt and pepper**, mix together, then add the **chicken thighs** and mix to get a good coating. **IMPORTANT: Wash your hands after handling raw meat.** Cover the bowl and refrigerate until ready to use.



5. Cook the Meat

If you're using your oven and hob rather than BBQ for the meat, pop the **koftas** on a lightly oiled baking tray. Roast on the top shelf of your oven until browned on the outside and cooked through, 12-15 mins. Meanwhile, heat a frying pan on medium high heat (no oil). Lay in the **chicken thighs** flat in the pan and fry until golden brown on the outside and cooked through, 6-7 mins each side. **IMPORTANT: The chicken and koftas are cooked when no longer pink in the middle.** Alternatively you can BBQ the meat... weather permitting!



3. Roast the Veg

Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Halve the **peppers** and discard the core and seeds. Slice into thin strips. Pop the **aubergine and pepper** on a large baking tray. Drizzle with **oil** and season with **salt and pepper**. Toss to coat and spread out in a single layer (use 2 trays if you need to). Roast on the top shelf of your oven until the **aubergine** is browned and soft and the **pepper** is soft and slightly charred, 25-35 mins. Once cooked, remove from the oven and set aside.



6. Finish and Serve

Add the **roasted aubergine and peppers** to the bowl with the **dressing** along with **half the feta**. Gently stir to combine, then sprinkle over the remaining **feta**. Serve the **koftas** with the **herby lemon chicken thighs**, the **orzo salad** and the **roasted pepper and aubergine salad**.

Enjoy!