



EASY LAMB KOFTAS

with Lemony Bulgur Salad

PRONTO



HELLO BULGUR

Has a light and nutty flavour which is highlighted in Middle Eastern cuisine

TIME: 35 MIN



Ground Lamb



Turkish Spice Blend



Bulgur Wheat



Garlic



Parsley



Cilantro



Mini Cucumber



Lemon



Sweet Bell Pepper



Greek Yogurt

BUST OUT

- Medium Bowl
- Garlic Press
- Baking Sheet
- Medium Pot
- Measuring Cups
- Aluminum Foil
- Small Bowl
- Salt and Pepper
- Measuring Spoons
- Olive or Canola Oil
- Zester

INGREDIENTS

2-person | 4-person

- Ground Lamb 250 g | 500 g
- Turkish Spice Blend 1 tbsp | 2 tbsp
- Bulgur Wheat 1 ½ cup | 1 cup
- Garlic 6 g | 12 g
- Parsley 7 g | 14 g
- Cilantro 7 g | 14 g
- Mini Cucumber 132 g | 264 g
- Lemon 1 | 1
- Sweet Bell Pepper 160 g | 320 g
- Greek Yogurt 2 100 g | 200 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Preheat your oven to **425°F** (to bake koftas). Start prepping when your oven comes up to temperature! In Step 3, cut a kofta open to make sure it's not pink inside!



1 PREP

Wash and dry all produce.* In a medium pot, add **¾ cups water** (dbl for 4 ppl) and **½ tsp salt** (dbl for 4 ppl). Cover and bring to a boil over high heat. Meanwhile, peel, then mince or grate **garlic**. Roughly chop **parsley** and **cilantro**. Core, then cut **peppers** into ¼-inch pieces. Cut **cucumbers** into ¼-inch pieces. Zest, then juice **half the lemon** (1 lemon for 4 ppl). Cut any **remaining lemon** into wedges.



4 MAKE YOGURT DIP

Meanwhile, in a small bowl, stir together **yogurt**, **half the cilantro** and **half the lemon zest**. Season with **salt** and **pepper**. Set aside.



2 COOK BULGUR

To **boiling water**, add **bulgur** and **½ tsp Turkish spice blend** (dbl for 4 ppl). Stir together, then remove pot from heat. Cover and let stand, until **liquid** is absorbed, 15-16 min.



5 ASSEMBLE SALAD

When **bulgur** is done, fluff with a fork. Stir in **peppers**, **cucumbers**, **remaining lemon zest**, **remaining parsley**, **remaining cilantro**, **1 tbsp lemon juice** (dbl for 4 ppl) and **2 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**.



3 BAKE KOFTA

Meanwhile, in a medium bowl, combine **lamb**, **garlic**, **half the parsley**, **remaining Turkish spice blend** and **½ tsp salt** (dbl for 4 ppl). Season with **pepper**. Roll **mixture** into **six 2-inch balls** (12 for 4 ppl), then gently pinch tips. On a foil-lined baking sheet, arrange **koftas**. Bake in **middle** of oven, until golden and cooked through, 12-16 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F.**)



6 FINISH AND SERVE

Divide **bulgur salad** and **koftas** between plates. Dollop with **yogurt dip** and squeeze over **lemon wedge**, if desired.

DIP IT!

Adding cilantro and lemon juice to yogurt makes a great veggie dip!