



Lamb Kofta Kebabs

with Garlicky Naan and Zahtar Sweet Potato Fries

STREET FOOD 35 Minutes • Medium Heat • 3 of your 5 a day

N° 18



Red Onion



Garlic Clove



Green Chilli



Flat Leaf Parsley



Mint



Lamb Mince



Ground Cumin



Panko Breadcrumbs



Sweet Potato Fries



Red Wine Vinegar



Vine Tomatoes



Iceberg Lettuce



Naan



Greek Yoghurt



Zahtar Spice

Before you start

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

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Mixing Bowl, Baking Tray and Large Frying Pan.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Green Chilli**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Mint**	1 bunch	1 bunch	1 bunch
Lamb Mince**	200g	300g	400g
Ground Cumin	1 small pot	¾ large pot	1 large pot
Panko Breadcrumbs 13)	10g	15g	25g
Water for the Lamb*	2 tbsp	3 tbsp	4 tbsp
Sweet Potato Fries**	1 small pack	1 large pack	2 small packs
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Vine Tomatoes	2	3	4
Iceberg Lettuce**	½	¾	1
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Naan 7) 13)	2	3	4
Greek Yoghurt 7)**	75g	100g	150g
Zahtar Spice	1 small pot	¾ large pot	1 large pot

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	626g	100g
Energy (kJ/kcal)	3234 / 773	517 / 124
Fat (g)	29	5
Sat. Fat (g)	8	1
Carbohydrate (g)	97	16
Sugars (g)	12	2
Protein (g)	33	5
Salt (g)	1.24	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten **14)** Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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

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Packed in the UK



1. Prep Time

Preheat your oven to 210°C. Halve and peel the **red onion**. Chop one **half** into very small pieces and thinly slice the other. Keep separate. Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed then finely chop. Roughly chop the **flat leaf parsley** (stalks and all). Pick the **mint leaves** from their stalks and finely chop (discard the stalks).



4. Pickle the Onion

Meanwhile, heat a splash of **oil** in a large frying pan over high heat. When hot, add the **koftas** and brown on all sides, 2-3 mins. Meanwhile, finish off your prep. Pop the **onion slices** into a bowl and add the **vinegar**. Turn to coat in the **vinegar**. Chop the **tomatoes** into small chunks. Remove and discard the outer **iceberg lettuce leaves**. Halve the remaining **lettuce** through the root and thinly slice (see ingredients for amount you need). Mix the remaining **garlic** with the **olive oil** (see ingredients for amount).



2. Make the Koftas

Pop the **lamb mince** into a bowl and add the **cumin**, **finely chopped red onion**, **panko breadcrumbs** and **half the garlic**, **half the parsley**, **half the mint** and **half the chilli**. Add the **water** (see ingredients for amount) and season with **salt** and **pepper**. Use your hands to combine the ingredients, then shape into **3 small sausage** shapes per person. **IMPORTANT: Wash your hands after handling raw meat.**



5. Finish Off

When the **koftas** are browned, lower the heat to medium and keep cooking for another 6-8 mins. Turn every 2 mins or so. **IMPORTANT: The koftas are cooked when no longer pink in the middle.** Meanwhile, spoon the **garlicky oil** over the **naan breads** and place on a baking tray. When the **fries** have 4 mins left, warm the **naans** in the oven for 3-4 mins. Get ready to serve!



3. Roast the Fries

Pop the **sweet potato fries** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Roast in the oven until soft and golden, 16-20 mins. Turn halfway through cooking.



6. Serve

Toss the **lettuce** and **tomatoes** through the **pickled red onion slices** and season with **salt** and **pepper**. Place a warm, **garlicky naan** on each plate. Share the **salad** between your **naans**. Top with the **koftas** and a sprinkling of the remaining **mint**, **parsley** and **chilli**. Finish with a drizzle of **Greek yoghurt**. Sprinkle the **zahtar spice** on the **fries**, toss to coat and serve alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.