

Lamb Kofta Kebabs on Garlic Naans

with Zahtar Sweet Potato Wedges, Baby Gem Salad and Yoghurt

Street Food 40-50 Minutes • Medium Spice • 2 of your 5 a day



Garlic Clove



Green Chilli



Flat Leaf Parsley



Mint Leaves



Sweet Potato



Panko Breadcrumbs



Chermoula Spice Mix



Lamb Mince



Medium Tomato



Baby Gem Lettuce



Plain Naan



Greek Style Natural Yoghurt



Zahtar Spice

Before you start

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

Cooking tools

Garlic press, baking tray, bowl and frying pan.

Ingredients

	2P	3P	4P
Garlic Clove**	2	3	4
Green Chilli**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Mint Leaves**	1 bunch	1 bunch	1 bunch
Sweet Potato**	2	3	4
Panko Breadcrumbs 13)	10g	15g	25g
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Chermoula Spice Mix	2 sachets	2 sachets	4 sachets
Salt for the Koftas*	¼ tsp	½ tsp	½ tsp
Lamb Mince**	300g	400g	600g
Medium Tomato	2	3	4
Baby Gem Lettuce**	1	1½	2
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Plain Naan 7) 11)	2	3	4
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Zahtar Spice	1 pot	1 pot	2 pots

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	704g	100g
Energy (kJ/kcal)	4233 /1012	601 /144
Fat (g)	35.1	5.0
Sat. Fat (g)	13.5	1.9
Carbohydrate (g)	127.9	18.2
Sugars (g)	23.0	3.3
Protein (g)	44.1	6.3
Salt (g)	2.58	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 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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Prep Time

Preheat your oven to 200°C.

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).

Chop the **sweet potatoes** into 2cm wide wedges (no need to peel).



Cook the Koftas

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **koftas** to the pan and fry until browned all over and cooked through, 10-12 mins. **IMPORTANT:** *The koftas are cooked when no longer pink in the middle.*



Roast the Wedges

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** *Use two baking trays if necessary.*

Once your oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Prep the Rest

While the **koftas** cook, chop the **tomatoes** into small chunks. Trim the **baby gem**, halve lengthways, then thinly slice widthways.

Mix the remaining **garlic** with the **olive oil** (see ingredients for amount). Spoon the **garlic oil** over the **naans** and place on a baking tray.

When the **wedges** have 4 mins left, warm the **naans** in the oven for 3-4 mins.



Make the Koftas

Pop the **panko breadcrumbs** into a large bowl. Add the **water for the breadcrumbs** (see ingredients for amount), **chermoula spice mix** and **half the garlic, parsley, mint and chilli** each.

Season with the **salt for the koftas** (see ingredients for amount) and **pepper**. Add the **lamb mince**.

Mix with your hands until combined and shape into 4 mini **sausage** shapes per person. Flatten to make **koftas**. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*



Serve

Place a warm **naan** on each plate and top with the **baby gem, tomatoes and lamb koftas**, then sprinkle with the remaining **mint, parsley and chilli** (use less **chilli** if you don't like heat). Finish with a drizzle of **yoghurt**.

Sprinkle the **zahtar spice** on the **wedges**, toss to coat and serve alongside.

Enjoy!