

# MARLEY SPOON



## Lamb and Zucchini Koftas

with Tomato and Bread Salad



20-30min



2 Portions

We help you up your veggie intake for the day by adding finely grated zucchini to this flavoursome lamb kofta mix. Simply mix it altogether, roll into koftas and cook until golden. Team it with a refreshing tomato and crispy garlic bread salad, and you've got a sensational dinner for two!



## What we send

- Turkish bread roll <sup>1</sup>
- roma tomato
- dried oregano
- 1 shallot, mint and 2 garlic cloves
- Greek-style yoghurt <sup>7</sup>
- panko breadcrumbs <sup>1</sup>
- lamb mince
- zucchini

## What you'll require

- egg <sup>3</sup>
- extra virgin olive oil
- salt and pepper
- white wine vinegar <sup>17</sup>

## Utensils

- grater
- large frypan
- sieve
- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

It's important to finely chop the shallot so the koftas keep their shape.

## Allergens

Gluten (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 705.0kcal, Fat 25.7g, Proteins 40.4g, Carbs 73.3g



### 1. Prepare koftas

Finely grate the **zucchini**. Place in a sieve over the sink and squeeze out as much liquid as possible (using hands or a clean tea towel). Finely chop half the **shallot** (see cooking tip) and thinly slice the rest. Finely chop the **garlic**. Pick the **mint** leaves (discard stems) and coarsely chop half.



### 4. Toast bread

Heat a large frypan over medium-high heat. Tear the **bread** into bite-size pieces and place in a bowl with 2 tbs **oil** and the remaining **garlic** and toss until well combined. Add to pan and cook, tossing for 5-7 mins until golden and crunchy. Return to the bowl.



### 2. Shape koftas

Place 1 **egg** in a large bowl. Lightly beat with a fork. Discard half the egg. Add the **zucchini, chopped shallot, chopped mint, lamb mince, breadcrumbs** and half the **garlic**. Season with a little **salt and pepper** and mix until combined. Shape into 12 mini rolls or koftas. Chill until required.



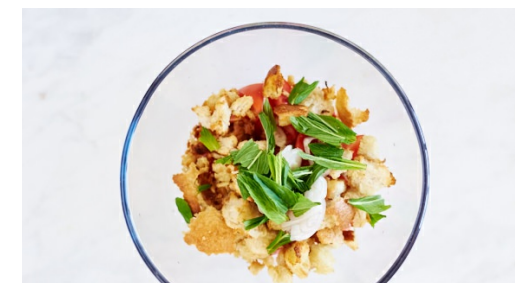
### 5. Cook koftas

Wipe the pan clean. Heat 1 tbs **oil** in pan over medium heat. Cook the **koftas** for 4-5 mins each side until browned and cooked through.



### 3. Make dressing

Combine the **yoghurt** and 1 tsp **oregano** in a small bowl. Season with **salt and pepper**. Add 1 tbs water to achieve a pouring consistency.



### 6. Assemble salad

Meanwhile, coarsely chop the **tomatoes** and add to the **bread** with the **sliced shallot** and 2 tbs **vinegar**. Tear the remaining **mint** over the bowl, season with **salt and pepper** and toss to coat. Stand while koftas are cooking for bread to slightly absorb vinegar and tomato juices. Serve the koftas with the **salad** and **yoghurt**.