



# MARLEY SPOON



## Lamb and Zucchini Kofta with

Spinach, Tomato and Chickpea Salad

 20-30min  2 Portions

Marley Spoon only sends out the freshest meat and produce and we also tick another box here by providing lean lamb mince, which means that this easy salad is not only delicious, but also low-fat and low-carb. Plus, the chickpeas are a great source of protein meaning you and your partner will feel fuller for longer.

## What we send

- 1 shallot, mint and 2 garlic cloves
- lamb kofta mince
- chickpeas
- roma tomatoes
- spice mix
- zucchini
- Greek-style yoghurt <sup>7</sup>
- baby spinach leaves

## What you'll require

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

## Utensils

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

## Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 460.0kcal, Fat 17.8g, Proteins 40.8g, Carbs 28.6g



### 1. Prepare koftas

Preheat oven to 220C. Finely grate the **zucchini**. Place in a clean tea towel (or in a sieve) and squeeze out as much liquid as possible. Finely chop half the **shallot** and thinly slice the remaining half. Finely chop the **garlic**. Pick the **mint** leaves (discard stems) and finely chop half. Place the **sliced shallot** in a small bowl and combine with 2 tsp **vinegar**.



### 2. Shape koftas

Place the **zucchini, chopped shallot, chopped mint, lamb mince** and **half the garlic** in a large bowl. Season with **salt and pepper** and mix until combined. Shape into 3cm long rolls or koftas. Chill until required.



### 3. Make dressing

Season the **yoghurt** with **salt and pepper**. Add a little water to achieve a pouring consistency.



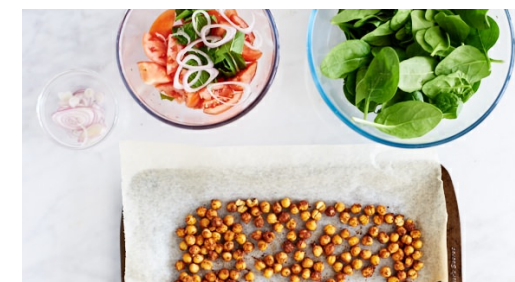
### 4. Season chickpeas

Drain and rinse the **chickpeas**. Toss in a large bowl with 2 tsp **oil, spice mix** and remaining **garlic**. Season with **salt and pepper** and transfer to an oven tray lined with baking paper. Roast for 10-15 mins until starting to turn crispy. Return to same large bowl and cover to keep warm.



### 5. Cook koftas

Meanwhile, heat 2 tsp **oil** in a large ovenproof frypan over medium heat. Cook the **koftas** for 3-4 mins each side until browned and golden. Be careful as you turn them as they are delicate. Finish in oven for 5 mins or until cooked through.



### 6. Prepare salad ingredients

Meanwhile, chop the **tomato**. Tear the remaining **mint** leaves. Add the **baby spinach** to the **chickpeas** with the tomato, **sliced shallot** (to taste), torn mint and remaining **vinegar** from the pickled shallot. Season with **salt and pepper** and toss to coat. Serve the **koftas** with the **salad** and a drizzle of **yoghurt dressing**.