



## Lamb and Zucchini Koftas

with Autumn Chickpea Salad



20-30min



4 Portions

This Middle Eastern-inspired meal pairs juicy lamb koftas with a deliciously simple salad of cumin-roasted chickpeas, fresh tomato and baby spinach. A tangy yoghurt sauce provides a cool and refreshing accompaniment to offset the richness of the meat and the heat of the spices for a perfectly balanced dinner.



## What we send

- baby spinach leaves
- Greek-style yoghurt <sup>7</sup>
- cumin coriander paprika mix
- mint, 2 garlic cloves and 2 shallots
- lamb kofta mince
- zucchini
- chickpeas
- roma tomatoes

## What you'll require

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

## Utensils

- baking paper
- clean tea towel
- 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 450.0kcal, Fat 17.3g, Proteins 40.0g, Carbs 27.4g



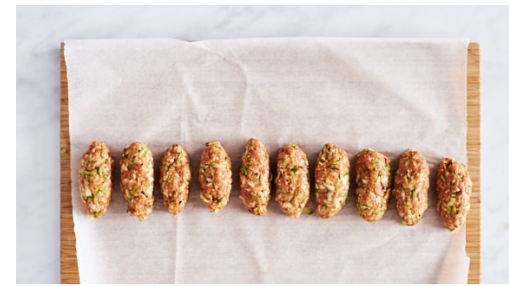
### 1. Prepare ingredients

Preheat the oven to 220C. Finely grate the **zucchini**. Place in a clean tea towel and squeeze out as much liquid as possible. Finely chop the **shallot(s)**. Crush or finely chop the **garlic**. Place **half the shallot(s)** in a small bowl and combine with the **vinegar** to pickle.



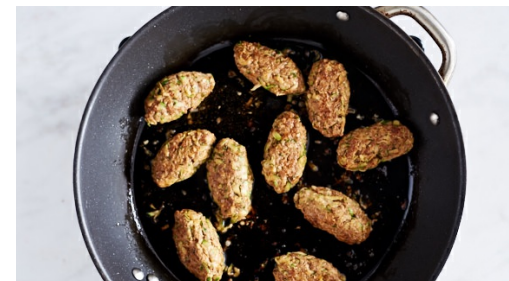
### 4. Cook koftas

While the chickpeas are roasting, heat the remaining **oil** in a large ovenproof frypan over medium heat. Cook the **kofta** for 5 mins or until golden and browned, turning regularly. Transfer to the oven for 5 mins or until cooked through.



### 2. Shape koftas

Place the **lamb mince**, **zucchini**, remaining **shallot** and half the **garlic** in a large bowl. Season with **salt and pepper** and mix until combined. Shape into 10cm long kofta-shaped rolls. Refrigerate until needed.



### 5. Make dressing

Season the **yoghurt** with **salt and pepper**.



### 3. Roast chickpeas

Drain and rinse the **chickpeas**, then put in a bowl. Add half the **oil**, the **Middle Eastern Spice Mix** and the remaining **garlic**. Season with **salt and pepper**, and toss to coat. Transfer the mixture to an oven tray lined with baking paper. Roast for 10-15 mins until starting to crisp. Remove and set aside.



### 6. Get ready to serve

Meanwhile, cut the **tomato(es)** into 1cm chunks. Pick the **mint** leaves, discarding stems, and coarsely chop. Add **baby spinach**, **tomato(es)**, pickled **shallot(s)** and **mint** to roasted **chickpeas**. Season with **salt and pepper**, and toss to coat. Divide **koftas** and salad among plates and serve with the **yoghurt**.