



Printfid00243hero lambkoftacouscous 83 badge

## Lamb Kofta with Couscous Salad and Minted Yoghurt

 20-30min  4 Portions

This simple take on Middle Eastern lamb koftas is one the whole family will enjoy, with fresh spring produce, packed with nutrients. With an easy couscous salad and quick pickled carrots, it's a perfect way to add variety to the week, plus the koftas include sneaky hidden veggies for the kids!

## What we send

- zucchini
- garlic cloves, mint, parsley, shallot
- Greek-style yoghurt <sup>7</sup>
- couscous <sup>1</sup>
- roma tomato
- Lebanese cucumber
- carrot
- lemon
- lamb mince

## What you'll require

- olive oil
- salt and pepper
- spray oil

## Utensils

- 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. If your kids aren't keen on herbs leave some of the couscous without the herbs.

## Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 510.0kcal, Fat 13.0g, Proteins 40.9g, Carbs 51.6g



### 1. Prepare kofta

Bring a kettle to the boil for the couscous. Finely chop **garlic** and **shallot** (see cooking tip). Finely zest **lemon**. Finely grate **zucchini** and gently squeeze out excess liquid using hands. Juice half the lemon and cut remaining half into wedges. Pick **parsley** and **mint** leaves (discard stems) and finely chop (keeping mint and parsley separate).



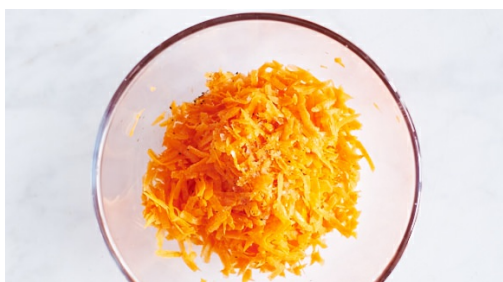
### 2. Cook kofta

Combine **lamb mince**, **shallot**,  $\frac{3}{4}$  of the **garlic**, **lemon zest**, **zucchini** and half the **parsley** and **mint** in a large bowl. Form into 10 kofta shapes. Lightly spray or brush with **oil**. Heat a chargrill pan or large frypan over medium heat and cook the koftas for 8-10 mins, turning regularly, until cooked through.



### 3. Cook couscous

Meanwhile, place the **couscous** in a medium heatproof bowl and cover with 1 cup (250ml) boiling water. Cover bowl with a plate and leave to swell for 5 mins. Fluff grains with a fork.



### 4. Prepare carrot salad

Coarsely grate the **carrots**. Place in a bowl with 2 tsp **oil** and 2 tsp **lemon juice**. Season with **salt and pepper** and toss to combine.



### 5. Finish couscous

Finely chop the **tomatoes** and **cucumber**. Add tomatoes and cucumber to the **couscous** with 2 tsp **lemon juice**, 1 tbs **oil** and remaining **parsley** (see cooking tip). Toss to combine.



### 6. Get ready to serve

Stir the remaining **mint** and **garlic** into the **yoghurt**. Arrange the **kofta** over the **couscous** with a dollop of the **minted yoghurt** and serve with the **carrot salad** and **lemon wedges**.