

# MARLEY SPOON



## Lamb Kofta Meatloaves with Tabouleh and Cranberry-Sumac ...

 30-40min  2 Portions

Instead of shaping kofta into small portions, we've made individual lamb meatloaves and replaced finely chopped vegetables with a chunky tabouli. Paired with a tangy cranberry relish spiked with sumac, it's everything you love about these healthy Middle Eastern favourites, just easier.

## What we send

- 1
- mint
- parsley

## What you'll require

- boiling water
- egg <sup>3</sup>
- olive oil
- sea salt and pepper
- sugar
- white wine vinegar <sup>17</sup>

## Utensils

- baking paper
- box grater
- oven tray
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

### Cooking tip

The remaining sumac won't be used in this dish.

### Allergens

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

### Nutrition per serving

Energy 655kcal, Fat 19.7g, Carbs 74.4g, Proteins 35.9g



### 1. Cook burghul

Heat the oven to 200C. Line an oven tray with baking paper. Put the **burghul** in a heatproof bowl. Pour in **200ml boiling water**, cover the bowl with a plate or plastic wrap and stand for 5-8 mins until the water has absorbed. Fluff the grains with a fork.



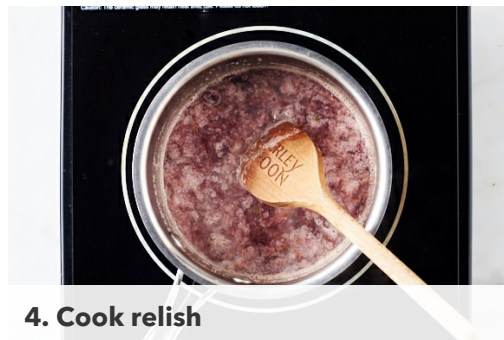
### 2. Prepare meatloaves

Meanwhile, finely chop the **parsley stems**, reserving the **leaves**. Peel and finely grate the **carrot**. Put the carrot, parsley stems, **lamb mince**, **1 tsp sumac**, **2 tbs burghul** and **1 egg white** in a large bowl. Season with **salt and pepper** then, using damp hands, combine well.



### 3. Bake meatloaves

Divide the **mince mixture** in half, shape into ovals and put on the lined tray. Drizzle with **2 tsp olive oil** and bake for 25 mins or until cooked through. Meanwhile, finely grate the **onion**. Finely chop the **cranberries**.



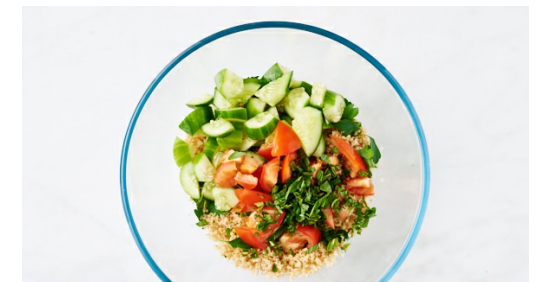
### 4. Cook relish

Heat **2 tsp olive oil** in a medium saucepan over medium heat. Cook the **onion** for 3 mins or until softened. Add the **cranberries**, **½ tsp sumac** (see cooking tip), **2 tbs white wine vinegar**, **1 tbs sugar** and **180ml (¾ cup) water**. Reduce the heat to medium-low and cook, stirring occasionally, for 12-15 mins until reduced and sticky.



### 5. Prepare ingredients

While the relish is cooking, juice half the **lemon**, then cut the remaining half into wedges. Coarsely chop the **tomato**, **cucumber** and **parsley leaves**. Coarsely chop the **mint** leaves, discarding the stems.



### 6. Make tabouleh

Put the **tomato**, **cucumber**, **parsley**, **mint**, **remaining burghul** and **lemon juice** in a large bowl, season with **salt and pepper** and toss to combine. Divide the **tabouleh**, **meatloaves** and **relish** among plates. Serve with the **lemon wedges**.