

MARLEY SPOON



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

 30-40min  4 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 ³
- olive oil
- sea salt and pepper
- sugar
- white wine vinegar ¹⁷

Utensils

- baking paper
- medium saucepan
- oven tray

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

Allergens

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

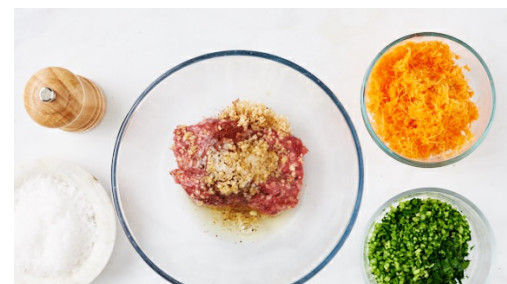
Nutrition per serving

Energy 625kcal, Fat 18.2g, Carbs 72.3g, Proteins 35.2g



1. Cook burghul

Heat the oven to 200C. Line an oven tray with baking paper. Put the **burghul** in a heatproof bowl. Pour in **400ml 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**, **2 tsp sumac**, **1/3 cup burghul** and **1 egg** in a large bowl. Season with **salt and pepper** then, using damp hands, combine well.



3. Bake meatloaves

Divide the **mince mixture** into 4 equal portions, 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**.



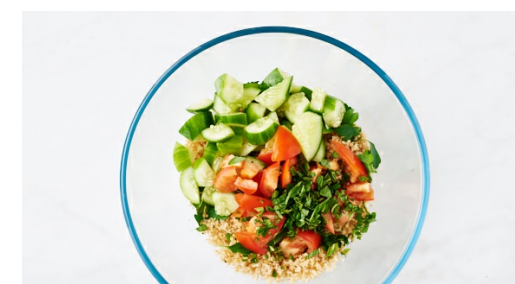
4. Cook relish

Heat **1 tbs olive oil** in a medium saucepan over medium heat. Cook the **onion** for 3 mins or until softened. Add the **cranberries**, the **remaining sumac**, **80ml (1/3 cup) white wine vinegar**, **2 tbs sugar** and **250ml (1 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 **tomatoes**, **cucumbers** 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**.