



Lentil Kibbeh

with Tahini-Yoghurt Sauce



30-40min



2 Portions

Think of kibbeh as a cross between a meatball and a falafel. Our vego take on Lebanon's national dish highlights nutty, creamy lentils in place of beef, plus all the kibbeh essentials: burghul, baharat spice blend and a hint of chilli. Paired with tahini-laced yoghurt, blanched broccolini and roasted red capsicum, it's a healthy meal the whole family will savour.

What we send

- parsley
- red roasted capsicum
- broccolini
- lime
- Greek-style yoghurt ⁷
- baby cos lettuce
- chilli powder
- tomato paste
- tahini ¹¹
- burghul wheat ¹
- lentils
- baharat spice blend

What you'll require

- boiling water
- egg ³
- Australian honey
- olive oil spray
- sea salt and pepper
- water

Utensils

- baking paper
- medium saucepan
- oven tray
- small frypan

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

Allergens

Gluten (1), Egg (3), Milk (7), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 650kcal, Fat 19.4g, Carbs 78.3g, Proteins 32.8g



1. Cook burghul

Preheat oven to 220C. Put **1 tsp baharat** and **¼ tsp chilli powder** (reserve remainders for another use) in a small frypan over medium heat and toast for 1 min or until aromatic. Combine **toasted spices, burghul** and **125ml (½ cup) boiling water** in a heatproof bowl and season with **salt**. Stand for 5 mins or until tender, then spread over a tray to cool completely.



4. Shape kibbeh

Line an oven tray with baking paper. Using wet hands, roll 2 level tablespoons of **kibbeh mixture** into football-shaped balls. Put on the lined tray, spray with **olive oil spray** and bake for 15 mins or until golden.



2. Prepare ingredients

Meanwhile, drain and rinse the **lentils**. Finely chop the **parsley**, including the stems. Finely grate the zest of **half the lime**, then juice the half (reserve remaining half for another use). Wash and coarsely shred the **lettuce**. Trim and cut the **broccolini** into 3cm lengths.



5. Make tahini yoghurt

Meanwhile, bring a medium saucepan of salted water to the boil for the broccolini. Combine the **yoghurt, tahini, lime zest, 1 tbs lime juice, ½ tsp honey** and **1 tbs water** in a small bowl. Season with **salt and pepper**.



3. Make kibbeh mixture

Put the **burghul, lentils, parsley, 1 egg** and **half the tomato paste** in a food processor. Season with **salt and pepper** and pulse until just combined. Alternatively, use a stick blender.



6. Get ready to serve

Cook the **broccolini** in the pan of boiling water for 1 min or until just tender. Drain and refresh in cold water. Drain and cut **half the capsicum** (reserve remainder for another use) into 1cm-thick strips. Divide the capsicum, **lettuce, broccolini** and **kibbeh** among plates and serve with the **tahini yoghurt**.