



## Lentil Kibbeh

with Tahini-Yoghurt Sauce



30-40min



4 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

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

## What you'll require

- boiling water
- egg <sup>3</sup>
- 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.

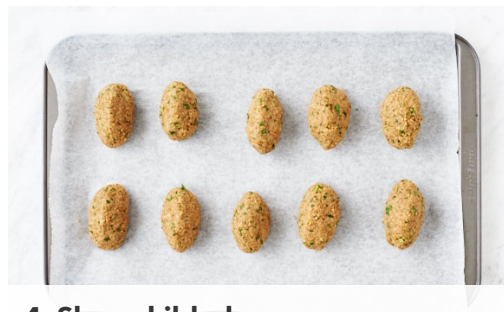
## Nutrition per serving

Energy 650kcal, Fat 19.3g, Carbs 78.6g, Proteins 32.3g



### 1. Cook burghul

Preheat oven to 220C. Put **2 tsp baharat** and **½ tsp chilli powder** (reserve remainder for another use) in a small frypan over medium heat and toast for 1 min or until aromatic. Combine **toasted spices, burghul** and **250ml (1 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 the **lime**, then juice. Wash and coarsely shred the **lettuce**. Trim and cut the **broccolini** into 3cm lengths.



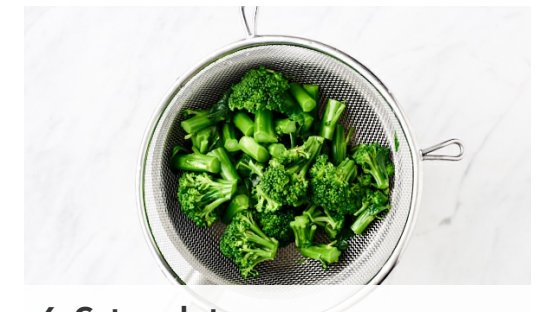
### 5. Make tahini yoghurt

Meanwhile, bring a medium saucepan of salted water to the boil for the broccolini. Combine the **yoghurt, tahini, lime zest, 2 tbs lime juice, 1 tsp honey** and **2 tbs water** in a small bowl. Season with **salt and pepper**.



### 3. Make kibbeh mixture

Put the **burghul, lentils, parsley, 2 eggs** and **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 under cold water. Drain and cut the **capsicum** into 1cm-thick strips. Divide the capsicum, **lettuce, broccolini** and **kibbeh** among plates and serve with the **tahini yoghurt**.