

# DINNERLY



## Lamb Koftas with Fattoush and White Bean Hummus



20-30 minutes



2 Servings

Here's one for the mums, dads and kids. Pan-fry some tasty koftas, mash beans for dipping and serve it up with fresh veg and crunchy, crisp bread.

## WHAT WE SEND

- 1 tomato
- lamb kofta mince
- 4 flour wraps <sup>16</sup>
- 400g cannellini beans
- 1 red onion
- 1 Lebanese cucumber

## WHAT YOU NEED

- garlic clove
- olive oil
- olive oil spray
- red wine vinegar <sup>17</sup>

## TOOLS

- baking paper
- medium frypan with lid
- oven tray
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

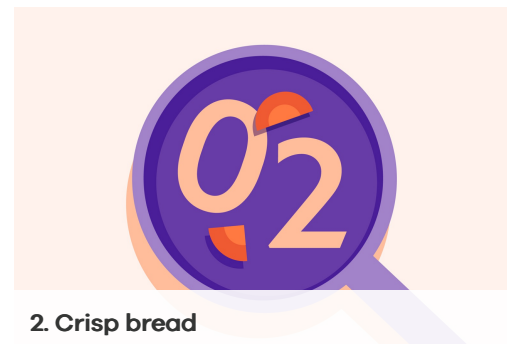
## NUTRITION PER SERVING

Energy 585kcal, Fat 32.3g, Carbs 35.0g, Proteins 34.9g



### 1. Make hummus

Preheat the oven to 200C. Line an oven tray with baking paper. Drain and rinse **half the cannellini beans** (the remaining beans won't be used in this dish). Crush or finely chop **1 garlic clove**. Coarsely mash the beans in a bowl. Add the garlic and **2 tsp olive oil**, season with **salt and pepper** and stir to combine.



### 2. Crisp bread

Put **2 wraps** (the remaining wraps won't be used in this dish) on the lined tray, spray or brush with **olive oil** and season with **salt and pepper**. Bake, turning halfway, for 8 mins or until golden and crisp.



### 3. Prep salad

Meanwhile, thinly slice the **cucumber**. Cut the **tomato** into thin wedges. Thinly slice **half the onion** (the remaining onion won't be used in this dish). Put **1 tbs olive oil** and **3 tsp red wine vinegar** in a large bowl, season with **salt and pepper** and whisk to combine.



### 4. Cook koftas

Form the **mince** into 4 oval (kofta) shapes. Heat **2 tsp olive oil** in a medium frypan over medium heat. Cook the koftas, turning occasionally, for 3 mins or until browned. Partially cover with a lid and cook for a further 2-3 mins until cooked through.






### 5. Serve up

Break the **crisp bread** into pieces. Add the **cucumber, tomato** and **onion** to the dressing and toss to combine. Divide the **salad, crisp bread, koftas** and **white bean hummus** among plates to serve.



### 6. Kitchen hack

Use moistened hands when rolling the koftas to prevent the mixture sticking to your hands.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
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from at least 40%  
Australian ingredients**