

DINNERLY



Lamb Koftas with Fattoush and White Bean Hummus

 30-40 minutes  4 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

- 2 tomatoes
- 400g cannellini beans
- lamb kofta mince
- 1 red onion
- 4 flour wraps ¹⁶
- 2 Lebanese cucumbers

WHAT YOU NEED

- garlic clove
- olive oil
- olive oil spray
- red wine vinegar ¹⁷

TOOLS

- baking paper
- large 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 34.9g, Proteins 34.8g



1. Make hummus

Preheat the oven to 200C. Line 2 oven trays with baking paper. Drain and rinse the **cannellini beans**. Crush or finely chop **1 garlic clove**. Coarsely mash the beans in a bowl. Add the garlic and **1 tbs olive oil**, season with **salt and pepper** and stir to combine.



2. Crisp bread

Put the **wraps** on the lined trays, 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 **cucumbers**. Cut the **tomatoes** into thin wedges. Thinly slice the **onion**. Put **2 tbs olive oil** and **1½ tbs red wine vinegar** in a large bowl, season with **salt and pepper** and whisk to combine.



4. Cook koftas

Form the **mince** into 8 oval (kofta) shapes. Heat **1 tbs olive oil** in a large 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.