

DINNERLY



Lamb Kofta with Almond and Carrot Pilaf

 20-30 minutes  2 Servings

With carrot-flecked rice, wilted spinach and toasted almonds all cooked in one pan, plus Middle Eastern lamb meatballs to top it off, tonight's dinner is so delicious.

WHAT WE SEND

- 2 chicken-style stock cubes
- 1 carrot
- 150g jasmine rice
- lamb kofta mince
- 20g slivered almonds¹⁵
- 70g baby spinach leaves

WHAT YOU NEED

- boiling water
- garlic clove
- olive oil

TOOLS

- box grater
- medium frypan
- medium frypan with lid
- sieve

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

ALLERGENS

Tree Nuts (15). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 620kcal, Fat 24.0g, Carbs 63.8g, Proteins 33.8g



1. Toast almonds

Crush or finely chop 1 **garlic clove**. Peel and grate the **carrot**. Put the **almonds** in a cold medium deep frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan.



2. Start cooking

Heat 2 **tsp olive oil** in the pan over medium heat. Add the **garlic** and **carrot**, season with **salt and pepper** and cook, stirring, for 5 mins or until softened. Meanwhile, rinse the **rice** in a sieve until the water runs clear. Crumble the **stock cubes** into a heatproof jug, add 450ml **boiling water** and stir to dissolve.



3. Add rice and stock

Add the **rice** to the carrot mixture and stir well to coat. Add the **stock** and bring to the boil. Cover with a lid, reduce the heat to low and cook for 10 mins or until the stock has almost absorbed.



4. Brown koftas

Meanwhile, season the **kofta mince** well with **salt and pepper**. Using clean hands, combine well, then shape into 4 oval-shaped koftas. Heat 2 **tsp olive oil** in a medium frypan over medium heat. Cook the **koftas**, turning regularly, for 4-5 mins until browned.



5. Serve up

Add the **koftas** to the rice and cook, covered, for a further 5 mins or until the rice is tender and the koftas are cooked through. Turn off the heat, add the **spinach** and stand, covered, for 3 mins or until wilted. Divide the **koftas** and **rice** among plates and scatter with the **toasted almonds** to serve.



6. Make it yours

Add a creamy sauce to serve at the table. Simply stir crushed garlic, finely chopped mint and a pinch of salt through Greek-style yoghurt.