

DINNERLY

Hero place holder c4cb90b4c83d9c2446ee5f7f671e67fb

Lamb Koftas with Fattoush and White Bean Hummus...



30-40 minutes



4 Servings

WHAT WE SEND

- 400g beans
- 4 flour wraps ^{1,6,7}
- 1 red onion
- 2 tomatoes
- 2 Lebanese cucumber
- 500g lamb kofta mince blend ^{6,17}

WHAT YOU NEED

- olive oil
- olive oil spray
- sea salt and pepper

TOOLS

- baking paper
- large frypan with lid
- oven tray

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

ALLERGENS

Gluten (1), Soy (6), Milk (7), Sulphites (17).
May contain traces of other allergens.

NUTRITION PER SERVING

Energy 0kcal



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). 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.