



Spiced Lamb Kofta Couscous Bowl

with pickled cucumber and mint yoghurt

20 – 25 mins

23



Lamb Mince



Carrot



Cucumber



Garlic



Mint



Middle Eastern Style Spice Mix



Couscous



Baby Spinach



Yoghurt



Breadcrumbs



Stock



Apple Cider Vinegar

Pantry Items: Salt, Water, Oil, Pepper



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2024-W44

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater

Ingredients

	2P	4P
Lamb Mince	240 g	480 g
Carrot	½ unit	1 unit
Cucumber	2 units	4 units
Garlic	2 units	4 units
Mint	2 ½ g	5 g
Middle Eastern Style Spice Mix	1 sachet	2 sachets
Couscous	100 g	250 g
Baby Spinach	60 g	120 g
Yoghurt	110 g	220 g
Breadcrumbs	1 pack	1 pack
Stock	1 sachet	2 sachets
Apple Cider Vinegar	½ sachet	1 sachet

Nutrition

	Per serving	Per 100g
for uncooked ingredients	460.1 g	100 g
Energy (kJ/kcal)	2615 kJ/ 625 kcal	568 kJ/ 136 kcal
Fat (g)	26.9 g	5.9 g
Sat. Fat (g)	12.1 g	2.6 g
Carbohydrate (g)	62.9 g	13.7 g
Sugars (g)	10.6 g	2.3 g
Protein (g)	34.4 g	7.5 g
Salt (g)	1.9 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

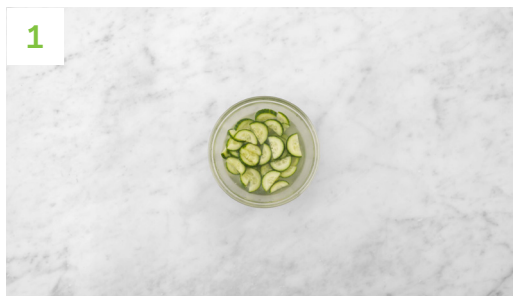
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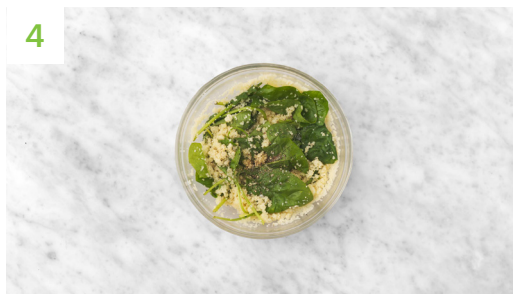
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Get Prepped

- Trim and grate **half a carrot** (per 2P).
- Halve the **cucumber** lengthways then thinly slice widthways.
- Peel and grate the **garlic** (or use a garlic press).
- In a medium bowl, combine **half** a sachet of **vinegar** (per 2P) with a good pinch of **sugar** and **salt**.
- Add **cucumber** with just enough **water** to just cover it and set aside.

TIP: *The thinner you slice the cucumber the quicker it will pickle!*



Make the Couscous

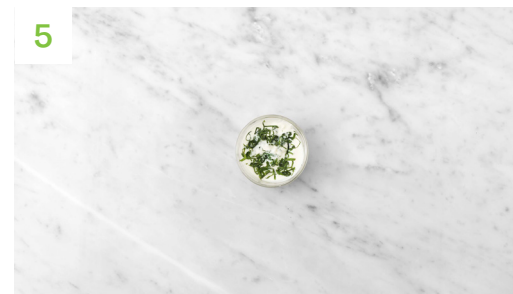
- Pour the **couscous** and **stock** into a bowl.
- Stir in 200ml boiling **water** (4P: 500ml | 6P: 600ml).
- Cover with a plate or cling film.
- Leave aside for 10 mins or until ready to serve.
- Just before serving, stir through the **carrot** and **spinach** and allow the **spinach** to wilt.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Make the Koftas

- In a large bowl, combine the **mince**, **half** the **garlic**, **Middle Eastern spice**, **breadcrumbs**, 2 tbsp **water** (per 2P) and ¼ tsp **salt** (per 2P).
- Season with **pepper** and mix together by hand.
- Roll into evenly-sized balls, then shape into small **sausage** shapes to make koftas, 3-4 per person. **IMPORTANT:** Wash hands and equipment after handling raw mince.



Make the Mint Yoghurt

- Pick the **mint** leaves and thinly slice.
- Mix together the **yoghurt**, **half** the **mint** leaves (all for 4P and 6P) and remaining **garlic** in a bowl. Season to taste with **salt** and **pepper**.
- Drain the pickled **cucumber**.



Cook the Koftas

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the koftas until browned all over and cooked through, 10-12 mins. **IMPORTANT:** Koftas are cooked when no longer pink in the middle.
- Turn every few mins to ensure they cook evenly.



Finish and Serve

- Divide the **carrot couscous** between bowls.
- Top with Middle Eastern **lamb** koftas.
- Serve with pickled **cucumber** and **mint yoghurt** alongside.

Enjoy!