

Spiced Lamb Kofta Couscous Bowl

with cooling cucumber and mint yoghurt

25 – 30 mins

24



Irish Lamb Mince



Cucumber



Garlic



Mint



Middle Eastern Style Spice Mix



Couscous



Yoghurt



Breadcrumbs



Stock



Shallot



Olives



Tomato



Beef Mince



Pork Mince

Pantry Items: Salt, Water, Oil, Pepper



Rate your recipe!

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.

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

Cooking tools you will need

Grater

Ingredients

	2P	4P
Irish Lamb Mince	240 g	480 g
Cucumber	2 units	4 units
Garlic	2 units	4 units
Mint	2.5 g	5 g
Middle Eastern Style Spice Mix	1 sachet	2 sachets
Couscous	100 g	250 g
Yoghurt	110 g	220 g
Breadcrumbs	1 pack	1 pack
Stock	1 sachet	2 sachets
Shallot	1 unit	2 units
Olives	1 sachet	2 sachets
Tomato	2 units	4 units
Beef Mince	240 g	480 g
Pork Mince	240 g	480 g

Nutrition

		Recipe 1	Recipe 2
for uncooked ingredient	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	542.8 kJ/ 129.7 kcal	527 kJ/ 126 kcal	491 kJ/ 117 kcal
Fat (g)	6 g	5.2 g	4.5 g
Sat. Fat (g)	2.5 g	2 g	1.5 g
Carbohydrate (g)	12.4 g	12.4 g	12.4 g
Sugars (g)	2.3 g	2.3 g	2.3 g
Protein (g)	6.9 g	7.3 g	7.3 g
Salt (g)	0.5 g	0.4 g	0.4 g

See site or app for detailed nutritional info.

Allergens

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

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Shape the Koftas

- Preheat the oven to 220°C/200°C fan/gas mark 7.
 - Peel and grate the **garlic** (or use a garlic press).
 - In a large bowl, combine the **mince**, **half the garlic**, **Middle Eastern spice**, **breadcrumbs**, 2 tbsps **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.



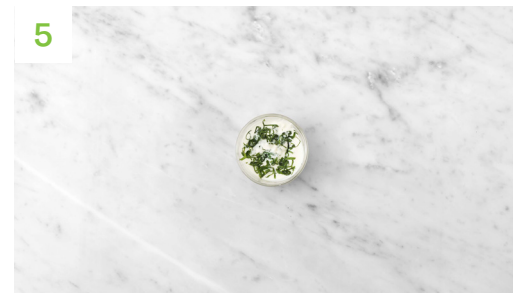
Prep the Veg

- Trim the **cucumber** and quarter lengthways. Thinly slice widthways.
- Chop the **tomato** into 2cm chunks.
- Halve, peel and finely chop the **shallot**.
- Pick the **mint** leaves and thinly slice.



Cook the Koftas

- Pop the koftas onto a lined baking tray.
- When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** Koftas are cooked when no longer pink in the middle.



Mix the Mint Yoghurt

- Mix together the **cucumber**, **yoghurt**, **half the mint** leaves (all for 4P and 6P) and remaining **garlic** in a bowl. Season to taste with **salt** and **pepper**.
- Add the **shallot** and **tomato** to a bowl and toss to combine.



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.

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



Finish and Serve

- Divide the **couscous** between bowls.
- Top with Middle Eastern **lamb** koftas.
- Add a scoop of **tomato** salsa, the **olives** and a dollop of cooling **cucumber** on top.

Enjoy!

CUSTOM OPTIONS

IRISH BEEF MINCE

Swapping to beef mince? Follow the recipe as written, replacing 'lamb' with 'beef' where necessary.

IRISH PORK MINCE

Swapping to pork mince? Follow the recipe as written, replacing 'lamb' with 'pork' where necessary.