



Middle Eastern Honey-Glazed Lamb Koftas

with Fattoush-Style Salad & Garlic Drizzle

Grab your Meal Kit with this symbol



Garlic



Tomato



Radish



Lamb Mince



Middle Eastern Seasoning



Fine Breadcrumbs



Mini Flour Tortillas



Mixed Salad Leaves



Garlic Dip

Keep an eye out...

Due to recent sourcing challenges, we've replaced cucumber with radish, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Pantry items

Olive Oil, Egg, Honey, White Wine Vinegar

Hands-on: 20-30 mins
 Ready in: 30-40 mins

Calorie Smart

Plate up dinner tonight with this fragrant, Middle Eastern signature dish. These juicy koftas are packed with a flavourful, mild spice blend that pack a punch. With a finishing drizzle of garlic sauce, we rate this mouth-watering meal 4/4 stars!

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
tomato	1	2
radish	1	2
lamb mince	1 packet	1 packet
Middle Eastern seasoning	1 sachet	2 sachets
fine breadcrumbs	1 packet	1 packet
egg*	1	2
honey*	1 tsp	2 tsp
mini flour tortillas	3	6
mixed salad leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
garlic dip	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2496kJ (597Cal)	641kJ (153Cal)
Protein (g)	36.6g	9.4g
Fat, total (g)	32.1g	8.2g
- saturated (g)	6.7g	1.7g
Carbohydrate (g)	37.7g	9.7g
- sugars (g)	6.5g	1.7g
Sodium (mg)	1027mg	264mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Finely chop the **garlic**. Roughly chop the **tomato** and **radish**.



Prep the koftas

In a medium bowl, combine the **lamb mince**, **Middle Eastern seasoning**, **garlic**, **fine breadcrumbs**, the **egg** and a pinch of **salt** and **pepper**. Using damp hands, roll the **lamb mixture** into koftas. You should get about 3 koftas per person.



Cook the koftas

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **koftas**, turning, until browned and cooked through, **10-12 minutes** (cook in batches if your pan is getting crowded). Remove the pan from the heat, then add the **honey** and turn the koftas to coat.



Toast the tortillas

While the koftas are cooking, toast or grill the **mini flour tortillas** until golden or to your liking. Slice or tear the **tortillas** into quarters.



Toss the salad

In a large bowl, combine the **mixed salad leaves**, **tomato**, **radish**, **tortillas** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Serve up

Divide the fattoush-style salad between bowls. Top with the Middle Eastern honey-glazed lamb koftas. Spoon over the **garlic dip** to serve.

Enjoy!