



More Than Food
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Shirley's Lamb Koftas with Tzatziki

Every week you send us lots and lots of feedback on recipes and every week we all sit down to talk about how we can use it to make your dinners even tastier. A while ago, one of you decided to send your own kofta recipe, claiming that it would beat Patrick's hands down. Not one to shy away from a challenge he got cooking and even he had to admit it was pretty darn delicious. Shirley this one's for you.

40 mins

family box

gluten free

spicy



Garlic Clove (2)



Ginger (1 tbsp)



Sweetheart Cabbage (1)



Lamb Mince (450g)



Spice Mix: Fennel Seeds, Chilli Powder & Cinnamon (3½ tsp)



Brown Rice (2 cups)



Spice Mix: Curry Powder and Turmeric (1¼ tbsp)



Tomato Passata (2 cartons)




Cucumber (½)



Greek Yoghurt (1 pot)

Ingredients

	2P	4P
Garlic Clove, chopped	-	2
Ginger, chopped	-	1 tbsp
Sweetheart Cabbage, sliced	-	1
Lamb Mince	-	450g
Spice Mix: Fennel Seeds, Chilli Powder & Cinnamon	-	3½ tsp
Brown Rice	-	2 cups
Spice Mix: Curry Powder & Turmeric	-	1¼ tsp
Tomato Passata	-	2 cartons
Cucumber, chopped	-	½
Greek Yoghurt 1	-	1 pot

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Milk

Nutrition per serving: Calories: 735 kcal | Protein: 31 g | Carbs: 76 g | Fat: 33 g | Saturated Fat: 13 g

2



1 Peel and very finely chop the garlic. Peel the ginger using the edge of a spoon and then chop it very finely. Chop your cabbage in half through the root, remove the tough stalk and then very thinly slice.

4



2 In a bowl mix the minced lamb with the garlic, ginger and fennel, chilli and cinnamon spice mix. Season with a good pinch of salt and black pepper. **LH:** *Dampen hands and divide and mould the mixture into walnut-sized balls, set aside.*

5



3 Boil a large pot of water with ½ tsp of salt. Rinse the brown rice under running water for 30 seconds. Cook the rice in the rapidly boiling water on high heat for 25 mins, before draining and keeping to the side.

7



4 Place the curry powder and turmeric spice mix and the passata in a medium-sized saucepan on medium heat and bring to a gentle bubble. Refill the passata carton a quarter with water and add to the sauce. Reduce the heat to medium-low, season with ½ tsp of salt and some pepper.

5 Slice the cucumber in half lengthways, then slice each half lengthways again. Drag a spoon along the middle to remove the seeds. Now slice each half lengthways into thin strips before chopping widthways into ½cm cubes.

6 Add 2 tbsp of oil to a large frying pan and add your cabbage along with ½ tsp of salt and a good grind of pepper. Stir fry for 8-9 mins.

7 In the meantime, place the meatballs in the tomato sauce, cover and cook gently for 7 mins turning the meatballs occasionally, until they're cooked through. **Tip:** *You can add a little pinch of sugar to the sauce too if you like or a splash of water if your sauce becomes too thick.*

8 **LH:** *Mix together the yoghurt and the cucumber and season with a little pinch of salt and pepper.*

9 Serve your koftas and sauce on top of the rice, with a good dollop of your cucumber tzatziki.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!