



Korean Inspired Glazed Lamb Koftas with Smacked Cucumber and Jasmine Rice

Calorie Smart

30-35 Minutes • Medium Spice • 2 of your 5 a day

25



Jasmine Rice



Green Beans



Lime



Garlic Clove



Breadcrumbs



Lamb Mince



Baby Cucumber



Soy Sauce



Gochujang Paste



Honey



Roasted White Sesame Seeds



Koftas (also known as 'kofte') are a popular type of meatball style dish. These Korean Inspired Glazed Lamb Koftas use the popular Korean condiment gochujang for a savoury-sweet flavour and are perfect for a balanced lifestyle.

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, lid, fine grater, garlic press, bowl, baking tray, rolling pin and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|-------------------------------------|--------|--------|--------|
| Jasmine Rice | 150g | 225g | 300g |
| Green Beans** | 150g | 200g | 300g |
| Lime** | 1 | 1½ | 2 |
| Garlic Clove** | 4 | 6 | 8 |
| Breadcrumbs 13 | 10g | 15g | 20g |
| Lamb Mince** | 200g | 300g | 400g |
| Baby Cucumber** | 1 | 1½ | 2 |
| Soy Sauce 11 13 | 15ml | 25ml | 30ml |
| Gochujang Paste 11 | 50g | 80g | 100g |
| Honey | 15g | 22g | 30g |
| Roasted White Sesame Seeds 3 | 5g | 7g | 10g |
| Pantry | 2P | 3P | 4P |
| Water for the Rice* | 300ml | 450ml | 600ml |
| Salt for the Breadcrumbs* | ¼ tsp | ½ tsp | ½ tsp |
| Water for the Breadcrumbs* | 2 tbsp | 3 tbsp | 4 tbsp |
| Sugar for the Pickle* | 1 tsp | 1½ tsp | 2 tsp |
| Water for the Sauce* | 2 tbsp | 3 tbsp | 4 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 607g | 100g |
| Energy (kJ/kcal) | 2568/614 | 423/101 |
| Fat (g) | 16.4 | 2.7 |
| Sat. Fat (g) | 6.8 | 1.1 |
| Carbohydrate (g) | 88.0 | 14.5 |
| Sugars (g) | 17.8 | 2.9 |
| Protein (g) | 30.7 | 5.1 |
| Salt (g) | 4.01 | 0.66 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **11**) Soya **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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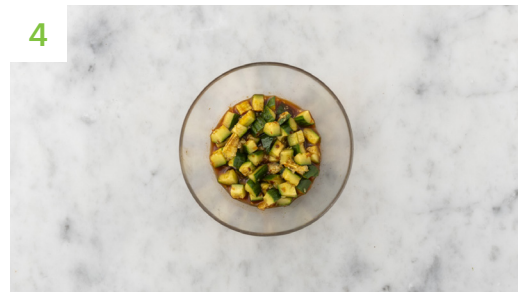
Cook the Rice

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Smack the Cucumber

While the **koftas** are in the oven, wash out the (now empty) bowl.

Trim the **cucumber**, then pop onto a board and use a rolling pin to gently smack it a few times until split. Cut into roughly 1-2cm chunks.

In a medium bowl, combine a squeeze of **lime juice**, **sugar for the pickle** (see pantry for amount) and **half the soy**. Stir in the **cucumber** and set aside.

In the (now empty) large bowl, combine the **gochujang paste**, **honey**, **water for the sauce** (see pantry for amount) and remaining soy. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

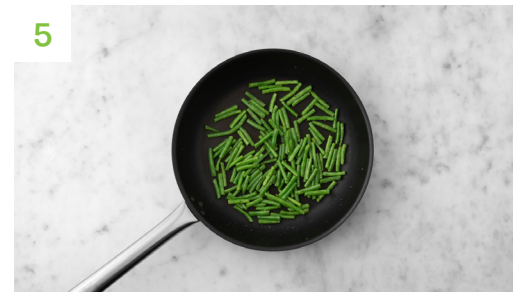


Prep Time

Meanwhile, trim the **green beans**.

Zest and cut the **lime** into wedges.

Peel and grate the **garlic** (or use a garlic press).



Bring on the Beans

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Stir in the remaining **garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins. Remove from the heat. Season with **salt** and **pepper**.

When the **koftas** are cooked, transfer them to the bowl with the **gochujang honey**. Turn to evenly coat.



Make your Koftas

In a large bowl, combine the **lime zest**, **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts) and **half the garlic**, then add the **lamb mince**.

Season with **pepper** and mix together with your hands. Shape into mini **sausage** shapes, 4 per person. Flatten to make **koftas**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

Pop the **koftas** onto a large baking tray. When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins.

IMPORTANT: The koftas are cooked when no longer pink in the middle.



Serve Up

When everything's ready, share the **rice** between your bowls.

Top with the **lamb koftas** and any remaining **gochujang honey** from the bowl. Serve the **smacked cucumber** and **green beans** in separate sections on the side.

Sprinkle the **sesame seeds** over the top. Serve with any remaining **lime wedges** on the side.

Enjoy!