



Lamb Koftas in Harissa Sauce

with Couscous and Baby Leaf Salad

Classic 30-35 Minutes • Mild Spice • 1 of your 5 a day

48



Garlic Clove



Onion



Breadcrumbs



Lamb Mince



Green Beans



Chicken Stock Paste



Couscous



Cider Vinegar



Tomato Puree



Harissa Paste



Baby Leaf Mix



Koftas (also known as 'kofte') are a popular type of meatball style dish. These Lamb Koftas in Harissa Sauce use the popular sauce ingredient widely used in Middle Eastern and North African cuisine.

Pantry Items

Oil, Salt, Pepper, Sugar, Honey

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

Garlic press, saucepan, bowl, baking tray, kettle, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Onion	1	1½	2
Breadcrumbs 13)	10g	15g	20g
Lamb Mince**	200g	300g	400g
Green Beans**	80g	150g	200g
Chicken Stock Paste	20g	30g	40g
Couscous 13)	120g	180g	240g
Cider Vinegar 14)	15ml	22ml	30ml
Tomato Puree	30g	60g	60g
Harissa Paste	50g	75g	100g
Baby Leaf Mix**	20g	50g	50g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Salt for the Breadcrumbs*	½ tsp	1 tsp	1 tsp
Water for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp
Boiled Water for the Couscous*	200ml	300ml	400ml
Water for the Sauce*	200ml	325ml	400ml
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	566g	100g
Energy (kJ/kcal)	2578/616	455/109
Fat (g)	22.6	4.0
Sat. Fat (g)	7.3	1.3
Carbohydrate (g)	70.7	12.5
Sugars (g)	19.6	3.5
Protein (g)	31.6	5.6
Salt (g)	4.22	0.75

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

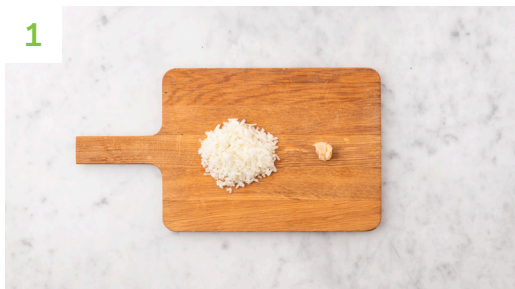
13) Cereals containing gluten **14)** Sulphites

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.

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Get Started

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

Peel and grate the **garlic** (or use a garlic press). Halve, peel and thinly slice the **onion**.

Heat a drizzle of **oil** in a large saucepan on medium heat.

Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins. Add the **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more.



Start the Sauce

In a medium bowl, combine the **cider vinegar** with a drizzle of **oil** and pinch of **sugar**. Set aside.

Heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **tomato puree**, **green beans** and the remaining **garlic** to the pan. Fry for 1 min.



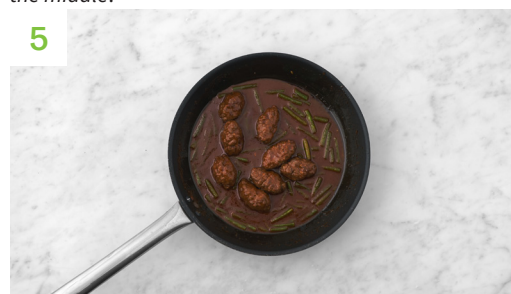
Make the Koftas

Meanwhile, in a large bowl, combine the **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts) along with **half** the **garlic**.

Add the **lamb mince** to the **breadcrumbs**, season with **pepper** and mix together with your hands.

Shape the **lamb mixture** into mini sausage shapes, 4 per person. Flatten to make **koftas**.

Pop them 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:** Wash your hands and equipment after handling raw mince. The koftas are cooked when no longer pink in the middle.



Simmer your Harissa Sauce

Stir through the **water for the sauce** (see pantry for amount) and remaining **chicken stock paste**. Simmer until the **beans** are tender and the **sauce** has thickened slightly, 4-5 mins.

Once thickened, stir through the **harissa** (add less if you'd prefer things milder) and **honey** (see pantry for amount). Remove from the heat.

Add the **koftas** to the **sauce** and turn to coat.

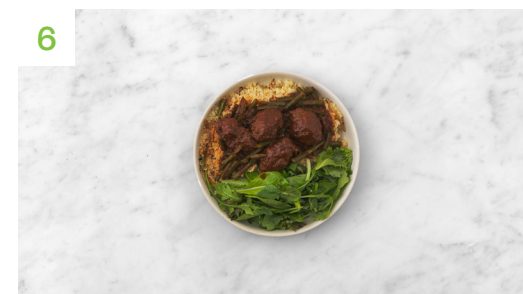


Finish the Prep

While the **koftas** bake, boil a full kettle. Trim the **green beans** and cut into thirds.

Pour the **boiled water for the couscous** (see pantry for amount) and **half** the **chicken stock paste** into the **onion** pan and bring to the boil.

When boiling, remove from the heat, stir in the **couscous** and pop a lid on the pan. Leave to the side for 8-10 mins or until ready to serve.



Serve Up

When everything's ready, fluff up the **couscous**. Toss the **baby leaves** through the **dressing**.

Share the **couscous** between your bowls and top with the **koftas** and **harissa sauce**.

Serve the **baby leaf salad** alongside to finish.

Enjoy!