



Baharat Lamb Koftas and Balsamic Fig Sauce with Herby Roasted Potatoes and Tomato & Rocket Salad

25

Calorie Smart 40-45 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



-  Potatoes
-  Baby Plum Tomatoes
-  Garlic Clove
-  Red Onion
-  Dried Oregano
-  Panko Breadcrumbs
-  Baharat Spice
-  Lamb Mince
-  Fig Jam
-  Balsamic Vinegar
-  Rocket

Pantry Items
Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, bowl, frying pan and aluminium foil.

Ingredients

| Ingredients | 2P | 3P | 4P |
|-----------------------------|-----------|------------|-----------|
| Potatoes | 450g | 700g | 900g |
| Baby Plum Tomatoes | 125g | 190g | 250g |
| Garlic Clove** | 1 | 1 | 2 |
| Red Onion** | 1 | 1 | 2 |
| Dried Oregano | 1 sachet | 1 sachet | 2 sachets |
| Panko Breadcrumbs 13 | 10g | 15g | 25g |
| Baharat Spice | 1 sachet | 1 sachet | 2 sachets |
| Lamb Mince** | 200g | 300g | 400g |
| Fig Jam | 1 sachet | 1½ sachets | 2 sachets |
| Balsamic Vinegar 14 | 2 sachets | 3 sachets | 4 sachets |
| Rocket** | 40g | 60g | 80g |
| Pantry | 2P | 3P | 4P |
| Salt for the Breadcrumbs* | ¼ tsp | ½ tsp | ½ tsp |
| Water for the Breadcrumbs* | 2 tbsp | 3 tbsp | 4 tbsp |
| Olive Oil for the Dressing* | 1 tbsp | 1½ tbsp | 2 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 524g | 100g |
| Energy (kJ/kcal) | 2168 /518 | 414 /99 |
| Fat (g) | 18.4 | 3.5 |
| Sat. Fat (g) | 7.1 | 1.4 |
| Carbohydrate (g) | 65.3 | 12.5 |
| Sugars (g) | 19.4 | 3.7 |
| Protein (g) | 25.2 | 4.8 |
| Salt (g) | 1.00 | 0.19 |

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

PersonalPoints™ values based on low-cal cooking spray oil.

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, milk, egg, mustard, celery, soya, 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.

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Roast the Potatoes

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

Chop the **potatoes** into 2cm chunks (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use *two baking trays if necessary*.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Fry Time

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **koftas** to the pan and fry until browned all over and cooked through, 10-12 mins. **IMPORTANT:** *The koftas are cooked when no longer pink in the middle.*

Transfer the **koftas** to a plate and cover with foil to keep warm. Drain the fat from the pan.

Add the **fig jam** and **half** the **balsamic vinegar** to the pan. Bring to the boil, then remove from the heat, adding a splash of **water** if it's a little thick.

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Get Prepped

Meanwhile, halve the **baby plum tomatoes**. Peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **red onion** into 2cm chunks.

When the **potatoes** are halfway through cooking, add the **onion** to the tray and sprinkle over the **dried oregano**.

Toss to coat, then roast in your oven for the remaining time.



Dress the Salad

When everything's nearly ready, in a small bowl, mix together the **olive oil for the dressing** (see ingredients for amount), remaining **balsamic vinegar** and a pinch of **salt**.

Add the **tomatoes** and **rocket** to the **dressing** and toss well to dress.



Make your Koftas

In a medium bowl, combine the **breadcrumbs**, **garlic**, **baharat spice**, **salt** and **water for the breadcrumbs** (see ingredients for both amounts), then add the **lamb mince**.

Season with **pepper** and mix together with your hands.

Shape into mini **sausage** shapes, 3 per person. Flatten to make **koftas**. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*



Serve

When you're ready to serve, plate up your **koftas** with the **roasted potatoes** and **salad** alongside.

Spoon the **balsamic fig sauce** over the **koftas** to finish.

Enjoy!