



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

27

Calorie Smart 35-40 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 Mix



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	2	2
Red Onion**	1	1	2
Dried Oregano	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs 13	10g	15g	25g
Baharat Spice Mix	1 sachet	1 sachet	2 sachets
Lamb Mince**	200g	300g	400g
Fig Jam	40g	60g	80g
Balsamic Vinegar 14	24ml	36ml	48ml
Rocket**	40g	60g	80g

Pantry	2P	3P	4P
Salt for the Breadcrumbs*	½ tsp	¾ 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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	524g 2179 /521	100g 416 /99
Fat (g)	18.7	3.6
Sat. Fat (g)	7.1	1.4
Carbohydrate (g)	65.8	12.6
Sugars (g)	19.5	3.7
Protein (g)	26.9	5.1
Salt (g)	1.22	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

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

Point™ 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.

Contact

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1 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.



2 Add the Onion

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 same tray and sprinkle over the **dried oregano**. Toss to coat, then roast in your oven for the remaining time.



3 Make your Koftas

In a large bowl, combine the **garlic**, **breadcrumbs**, **baharat**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), 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.



4 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.

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



5 Dress the Salad

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

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



6 Serve

When 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!



Weight Watchers