

Spiced Lamb Kathi Style Rolls

with Cumin Wedges, Mint Baby Gem Salad and Mango Chutney

Street Food 35-45 Minutes • Mild Spice • 1 of your 5 a day



Potatoes



Bell Pepper



Korma Style Paste



Panko Breadcrumbs



Lamb Mince



White Cumin Seeds



Baby Gem Lettuce



Mint



Greek Style Natural Yoghurt



Super Soft Tortilla with Whole Wheat



Mango Chutney

Pantry Items

Oil, Salt, Pepper, Olive Oil, Mayonnaise

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, bowl, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Bell Pepper***	1	2	2
Korma Style Paste 9)	50g	75g	100g
Panko Breadcrumbs 13)	10g	15g	20g
Lamb Mince**	300g	400g	600g
White Cumin Seeds	1 sachet	1 sachet	2 sachets
Baby Gem Lettuce**	1	2	2
Mint**	1 bunch	1 bunch	1 bunch
Greek Style Natural Yoghurt** 7)	75g	112g	150g
Super Soft Tortilla with Whole Wheat 13)	4	6	8
Mango Chutney	80g	120g	160g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	687g 4515 /1079	100g 657 /157
Fat (g)	52.6	7.7
Sat. Fat (g)	15.3	2.2
Carbohydrate (g)	111	16.2
Sugars (g)	32.4	4.7
Protein (g)	43.7	6.4
Salt (g)	3.88	0.57

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

Allergens

7) Milk **9)** Mustard **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, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Get Prepping

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

Chop the **potatoes** into 2cm wide wedges (no need to peel). Halve the **pepper** and discard the core and seeds. Slice into thin strips.

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **cumin seeds**. Toss to coat, then 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.



Prep Time

Meanwhile, trim the **baby gem**, halve lengthways, then thinly slice. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

Wash up the bowl used for the **koftas**, then add the **yoghurt**, **olive oil for the dressing** (see pantry for amount) and **chopped mint** to the (now empty) bowl.

Season with **salt** and **pepper** and mix together. Set your **mint yoghurt** aside.



Make your Koftas

Meanwhile, in a medium bowl, combine the **korma style paste** and **breadcrumbs**. Add the **lamb mince**, then season with **salt** (see pantry for amount) and **pepper** and mix together with your hands.

Shape into mini sausage shapes, 6 per person. Flatten to make **koftas**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Fry the Tortillas

Heat a large frying pan on medium-high heat with a knob of **butter** (if you have any) or a drizzle of **oil**.

Lay in one of the **tortillas** and cook until golden brown, about 1 min each side. Transfer to a plate or board, cover with foil and repeat the process with the remaining **tortillas** (2 per person).

Add the **baby gem lettuce** to the bowl of **mint yoghurt** and mix to combine.

In another small bowl, combine **half** the **mango chutney** with the **mayonnaise** (see pantry for amount).



Ready, Steady, Bake

Put the **koftas** and **peppers** onto opposite sides of another baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

Bake on the middle shelf of your oven until browned on the outside and cooked through, 15-20 mins. **IMPORTANT:** The koftas are cooked when no longer pink in the middle.



Assemble and Serve

When everything's ready, spread the remaining **mango chutney** towards the bottom of each wrap.

Top with some **salad**, a few **pepper slices** and **3 koftas** per **wrap**. Roll up tightly to enclose the **filling** and repeat.

Serve your **kathi rolls** with the **wedges** and any remaining **salad** and **peppers** alongside. Pop the **mango mayo** on the side for dipping.

Enjoy!