



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Beetroot

Beetroot comes in purple, white or golden varieties, and is rich in vitamins and antioxidants. This versatile vegetable can be eaten raw or cooked.



3 Lamb Kofta Share Plate with Homemade Beetroot Hummus

A family feast designed for sharing. Lamb koftas with homemade beetroot hummus, salad and flat breads.

 30 minutes

 2 servings

 Lamb

12 November 2021

Crisp it up!

Did you know you can turn your flat breads into crackers. Rub with a little oil and toast in your sandwich press (or put in your oven on the racks) for a couple of minutes. Allow to cool and snap into pieces!

FROM YOUR BOX

LAMB MINCE	300g
THYME	1/2 packet *
RED ONION	1/4 *
BEETROOT	1
TINNED CHICKPEAS	400g
GARLIC CLOVES	2
FLATBREADS	1 packet
CHERRY TOMATOES	1/2 bag (100g) *
BABY COS LETTUCE	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar

KEY UTENSILS

large frypan, oven tray, food processor

NOTES

You can shape the koftas on to skewers if preferred.

If you don't have a food processor grate the beetroot and use a stick mixer.

Flatbreads can be used straight from the packet or heated in a sandwich press, microwave or frypan.

No lamb option – lamb mince is replaced with chicken mince. Add 1 tbsp oil to pan and use 1/4 cup measure of mix straight into frypan.

No gluten option – flatbreads are replaced with GF wraps.



1. MAKE THE KOFTAS

Set oven to 200°C (optional, see step 4).

Mix lamb mince together with 1/2 tbsp thyme leaves, finely chopped red onion, **salt and pepper**. Using 1/4 cup measure and **oiled** hands shape into koftas (see notes).



2. COOK THE KOFTAS

Heat a frypan over medium-high heat. Add koftas and cook for 8-10 minutes, turning, or until cooked through.



3. MAKE THE HUMMUS

Peel and roughly chop beetroot, drain chickpeas. Blend together with crushed garlic, **2 tbsp vinegar and 3 tbsp olive oil** to a smooth consistency, using a food processor (see notes). Season with **salt and pepper** to taste.



4. HEAT THE FLATBREAD

Wrap flatbreads in baking paper and place in oven for 5 minutes to warm through (see notes).



5. FINISH AND SERVE

Halve cherry tomatoes and roughly chop baby cos leaves.

Arrange all components on a share plate and take to the table. Drizzle leaves with **1 tbsp olive oil and 1/2 tbsp vinegar** (optional).

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