



Product Spotlight: Cherry Tomatoes

Cherry tomatoes aren't just cute – they're little flavour bombs! Halving them before cooking helps release their natural sweetness into the sauce. And did you know? Back in the day, cherry tomatoes were actually grown just for decoration!



Lamb Kofta Traybake

Warmly spiced lamb koftas and colourful roasted vegetables baked together on one tray, finished with a cooling mint yoghurt for a satisfying, family-friendly dinner the whole table will enjoy.



40 minutes



Lamb



4/6 servings

Change the Flavours!

Skip the spice mix and add some dried oregano or fresh rosemary to the lamb mince along with lemon zest and garlic for a lemon and herb flavour.

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	43g	27g	38g/32g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY BLUE POTATOES	1.2kg	1.5kg
RED ONION	1	1
GREEN CAPSICUM	1	2
CHERRY TOMATOES	2 x 200g	3 x 200g
LAMB MINCE	600g	600g + 300g
GARLIC CLOVE	1	2
KOFTA SPICE MIX	1 packet	2 packets
MINT	1 packet	2 packets
NATURAL YOGHURT	1 tub	2 tubs

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

oven tray

NOTES

You can cook the koftas in a frypan if preferred.

Kofta spice mix: sumac, smoked paprika, ground cumin, ground coriander.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Halve **potatoes**, wedge **onion** (reserve 1/4 for step 2), slice **capsicum** and halve **tomatoes**. Toss on a tray with **oil**, **salt** and **pepper**. Roast for 25 minutes.



4. PREPARE MINT YOGHURT

Finely chop **1/2 packet mint** (reserve remaining for garnish). Combine with remaining **1/2 crushed garlic clove** and **natural yoghurt**. Season with **salt and pepper**.

6P – use 1 packet of mint and 1 crushed garlic clove.



2. PREPARE THE LAMB KOFTAS

Meanwhile, finely dice remaining **1/4 onion**. Combine with **lamb mince**, **1/2 crushed garlic clove** and **kofta spice mix** in a bowl. Season with **salt and pepper**. Shape into small koftas (roughly 1 tbsp size).

6P – use 1 crushed garlic clove.



5. FINISH AND SERVE

Divide **koftas** and **roasted vegetables** among plates. Top with **mint yoghurt** and remaining **mint leaves**.



3. BAKE THE KOFTAS

Coat **koftas** with **oil** and add to tray with **vegetables** (see notes). Return to oven and bake for a further 10 minutes, or until **koftas** are cooked through and **vegetables** are tender.

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