

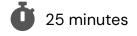




## **Pork Koftas**

### with Buckwheat Parsley Salad

Pork koftas flavoured with warm allspice, served with a fresh salad of buckwheat and parsley tossed through a bright and zingy lemon dressing.





2 servings



# Switch it up!

You could use the pork mince, red onion and cherry tomatoes to make kebabs if you prefer. Thread the ingredients onto skewers and cook on the BBQ. Serve with the buckwheat and parsley salad.

TOTAL FAT CARBOHYDRATES

66g

60g

#### **FROM YOUR BOX**

BUCKWHEAT	100g
LEMON	1
RED ONION	1
PARSLEY	1 bunch
PORK MINCE	500g
GREEN BEANS	150g
CHERRY TOMATOES	200g

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground allspice

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

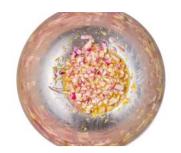
You can form the koftas onto skewers if preferred.

Blanch the beans in hot water for 1-2 minutes if you prefer them cooked.



#### 1. COOK THE BUCKWHEAT

Place **buckwheat** in a saucepan and cover with water. Bring to a boil and cook for 10–12 minutes until tender. Drain and rinse.



#### 2. MAKE THE DRESSING

Zest and juice **lemon**. Add to a large bowl with **2 tbsp olive oil**, **salt and pepper**. Dice **red onion** (reserve 1/4 for step 3), add remaining to dressing. Stir to combine.



#### 3. MAKE THE KOFTAS

Finely slice **parsley leaves**. Add 1/4 to a large bowl (reserve remaining) with **pork mince**, reserved red onion, **2 tsp allspice**, **salt and pepper**. Use **oiled** hands to form into 8 long koftas (see notes).



#### 4. COOK THE KOFTAS

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



#### 5. TOSS THE SALAD

Meanwhile, trim and slice green beans (see notes) and halve or quarter cherry tomatoes. Add to dressing bowl along with buckwheat and reserved parsley. Toss until well combined



#### 6. FINISH AND SERVE

Divide the salad among shallow bowls and serve with koftas.



ugh. with buckwheat and reserved parsley. Toss until well combined.



