



**Product Spotlight:
Quinoa**

It looks like a grain, but quinoa is, in fact, a seed. It comes in black, white and red varieties and is full of protein, with a chewy texture and nutty flavour.



**Za'atar Lamb
with Quinoa Tabbouleh**

Lamb mince koftas boosted with a delicious blend of sesame, sumac and ground spices, served with a fresh mint and white quinoa tabbouleh.

Stretch the dish!
You can serve this dish wrapped in Lebanese flatbreads. Add some fresh parsley or diced capsicum to the tabbouleh for extra servings.

30 minutes 2 servings Lamb

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	28g	38g

FROM YOUR BOX

WHITE QUINOA	100g
LAMB MINCE	300g
LEMON	1
GARLIC CLOVE	2
ZA'ATAR SPICE	1 packet
TOMATO	1
LEBANESE CUCUMBER	1
MINT	60g
NATURAL YOGHURT	170g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, skewers (optional)

KEY UTENSILS

saucepan, griddle pan or BBQ

NOTES

Halve the mixture twice to make 4 portions of mince, then halve those. If you don't want to use skewers, you can shape them into meatballs or long koftas.

Za'atar Spice: sesame seeds, sumac, dried oregano, potato fibre, dried coriander, salt, canola oil.



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1. COOK THE QUINOA

Place **quinoa** in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10-15 minutes or until tender. Drain and rinse. Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.



2. PREPARE THE LAMB KOFTAS

Combine **lamb mince** with **zest from 1/2 lemon** (reserve lemon for step 4), **1 crushed garlic clove** and **1/2 za'atar spice**. Season well with **salt and pepper**. Shape onto **8 skewers** (see notes).



3. COOK THE LAMB

Heat a griddle pan or BBQ over medium-high heat with **oil**. Add **skewers** and for 10-12 minutes, rotating until cooked through.



4. TOSS THE TABBOULEH

Dice **tomato** and **cucumber**. Roughly chop **mint leaves**. Whisk **juice from 1/2 lemon** (wedge remaining) with **2 tbsp olive oil**. Toss all together with **cooked quinoa**. Season with **salt and pepper**.



5. PREPARE THE YOGHURT

Crush remaining **1 garlic clove**, add to a bowl with remaining **za'atar**, **yoghurt**, **1 tbsp olive oil**, **salt and pepper**. Mix to combine.



6. FINISH AND SERVE

Serve **lamb koftas** with **tabbouleh** and **yoghurt sauce** for dipping.

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