

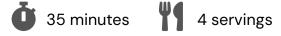




Lamb Koftas

with Hemp Tabbouleh

Juicy lamb koftas served with hemp and mixed seed, smoky grilled eggplant, fresh tomato-cucumber tabbouleh and a creamy yoghurt drizzle.







Switch it up!

Instead of using a griddle pan, you can cook the eggplant and koftas on the BBQ, roast on an oven tray at 220°C, or bake in an air fryer.

PROTEIN TOTAL FAT CARBOHYDRATES

35g

32g

18g

FROM YOUR BOX

| LAMB MINCE | 600g |
|--------------------|---------|
| LEMON | 1 |
| GARLIC CLOVES | 2 |
| GOURMET EGGPLANT | 2 |
| TOMATOES | 2 |
| LEBANESE CUCUMBER | 1 |
| MINT | 1 bunch |
| HEMP & MIXED SEEDS | 120g |
| GREEK YOGHURT | 170g |
| | |

FROM YOUR PANTRY

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

KEY UTENSILS

griddle pan (see cover notes)

NOTES

For extra flavour in the yoghurt, add harissa paste, cumin seeds, or finely chopped herbs such as mint, coriander or parsley.

Top with pickled red onion, pomegranate seeds, toasted almonds or pine nuts, or serve with a side of toasted flatbreads or pita chips.

Hemp & Mixed Seeds: hemp hearts, sunflower seeds, mixed sesame seeds, pepitas





1. MAKE THE KOFTAS

Combine lamb mince with lemon zest (reserve remaining lemon for step 3) and 1 crushed garlic clove. Season well with salt and pepper. Shape into 12-16 koftas.



2. GRILL THE EGGPLANT

Slice eggplant and coat with oil, 1 tsp ground coriander, salt and pepper. Heat a griddle pan over medium-high heat with oil. Add eggplant and grill for 3–5 minutes each side or until tender. Remove and reserve pan for step 4.



3. MAKE THE TABBOULEH

In a large bowl, whisk together lemon juice, crushed garlic and 1/4 cup olive oil. Dice tomatoes and cucumbers, and roughly chop mint leaves. Add to dressing along with hemp & mixed seeds.



4. GRILL THE KOFTAS

Reheat griddle pan over medium-high heat with **oil**. Cook **koftas** for 8-10 minutes, rotating until cooked through.



5. MIX THE YOGHURT

Add yoghurt to a bowl with 2 tbsp olive oil, salt and pepper (see notes). Mix to combine.



6. FINISH AND SERVE

Spoon **yoghurt** onto the base of plates. Add **tabbouleh** and **koftas** (see notes).

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



