



**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.

30 minutes 4/6 servings Lamb

## 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.*

| Per serve   | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 35g     | 29g       | 39g           |

## FROM YOUR BOX

|                    | 4 PERSON | 6 PERSON    |
|--------------------|----------|-------------|
| WHITE QUINOA       | 200g     | 200g + 100g |
| LAMB MINCE         | 600g     | 600g + 300g |
| LEMON              | 1        | 2           |
| GARLIC CLOVES      | 2        | 3           |
| ZA'ATAR SPICE      | 1 packet | 2 packets   |
| TOMATOES           | 2        | 3           |
| LEBANESE CUCUMBERS | 2        | 3           |
| MINT               | 60g      | 60g         |
| NATURAL YOGHURT    | 170g     | 2 x 170g    |

## FROM YOUR PANTRY

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

## KEY UTENSILS

saucepan, griddle pan or BBQ

## NOTES

Halve the mixture 4 times to get 16 portions of mince. 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.*



Scan the QR code to submit a Google review!



### 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.



### 4. TOSS THE TABBULEH

Dice **tomato** and **cucumber**. Roughly chop **mint leaves**. Whisk **lemon juice** with **1/4 cup olive oil**. Toss all together with **cooked quinoa**. Season with **salt and pepper**.

**6P** - Add juice from 1 1/2 lemon (wedge remaining) and 1/3 cup olive oil.



### 2. PREPARE THE LAMB KOFTAS

Combine **lamb mince** with **lemon zest** (reserve lemon for step 4), **1 crushed garlic clove** and **1/2 za'atar**. Season well with **salt and pepper**. Shape onto **16 skewers** (see notes).

**6P** - Use 2 crushed garlic cloves, zest from 1 lemon and 1 packet za'atar. Shape onto 20-24 skewers.



### 5. PREPARE THE YOGHURT

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

**6P** - Add reserved garlic and za'atar, yoghurt, salt and pepper to a bowl.



### 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.



### 6. FINISH AND SERVE

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

**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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

