



Product Spotlight: Hemp Seeds

Hemp seeds are a sustainable food source. They require a relatively small amount of water and grow abundantly without chemicals.



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.



35 minutes



4/6 servings



Lamb

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	48g	41g	26g

FROM YOUR BOX

	4 PERSON	6 PERSON
LAMB MINCE	600g	600g + 300g
LEMON	1	2
GARLIC CLOVES	2	3
GOURMET EGGPLANT	3	4
TOMATOES	2	3
LEBANESE CUCUMBER	1	2
MINT	1 bunch	1 bunch
HEMP & MIXED SEEDS	120g	120g + 60g
GREEK YOGHURT	1 tub	2 tubs

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 koftas.

6P – use 2 crushed garlic cloves. Shape into 18 koftas.



4. GRILL THE KOFTAS

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



2. GRILL THE EGGPLANT

Slice **eggplant** and coat with **oil**, **1–2 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.



5. MIX THE YOGHURT

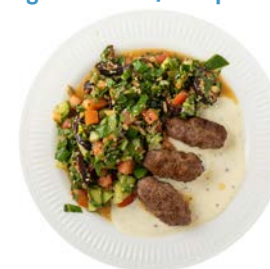
Add **yoghurt** to a bowl with **2 tbsp olive oil**, **salt and pepper** (see notes). Mix to combine.



3. MAKE THE TABBIOULEH

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**.

6P – whisk together **lemon juice**, **crushed garlic** and **1/3 cup olive oil**.



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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

