



### Product Spotlight: Bulgur

Bulgur is a prepared, pre-cooked wheat originally from the Middle East. It is soaked, cooked and dried, then lightly milled to remove the outer bran.



## Za'atar Lamb Koftas with Tabbouleh

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



30 minutes



2 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: | <b>PROTEIN</b> | <b>TOTAL FAT</b> | <b>CARBOHYDRATES</b> |
|            | 39g            | 35g              | 39g                  |

## FROM YOUR BOX

|                   |          |
|-------------------|----------|
| COURSE BULGUR     | 100g     |
| LAMB MINCE        | 300g     |
| LEMON             | 1        |
| GARLIC CLOVE      | 2        |
| ZA'ATAR SPICE     | 1 packet |
| TOMATO            | 1        |
| LEBANESE CUCUMBER | 1        |
| MINT              | 60g      |
| NATURAL YOGHURT   | 1 tub    |

## 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, then halve those. If you don't want to use skewers, you can shape them into meatballs or long koftas.

**No gluten option - bulgur is replaced with 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 the quinoa for at least 5 minutes or press it down in a sieve to squeeze out excess liquid.



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### 1. COOK THE BULGUR

Add bulgur to a saucepan and cover with plenty of water. Bring to a boil and simmer for 10-12 minutes until tender. Drain and rinse under cold water.



### 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**. Cook skewers 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 bulgur. Season with **salt and pepper**.



### 5. PREPARE THE YOGHURT

Crush 1 garlic clove and combine with remaining za'atar and yoghurt. Season with **salt and pepper**. Stir in **1 tbsp olive oil**.



### 6. FINISH AND SERVE

Serve lamb koftas with tabbouleh, lemon wedges and yoghurt sauce for dipping.

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