



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:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	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.

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



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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