



**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 alongside a fresh mint tabbouleh with bulgur.

30 minutes 4 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** 36g **TOTAL FAT** 27g **CARBOHYDRATES** 31g

FROM YOUR BOX

COARSE BULGUR	200g
LAMB MINCE	600g
LEMON	1
GARLIC CLOVES	2
ZA'ATAR SPICE	1 packet
TOMATOES	2
LEBANESE CUCUMBERS	2
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 4 times to get 16 portions. 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 lemon zest (reserve lemon for step 4), 1 crushed garlic clove and 1/2 za'atar spice. Season well with **salt and pepper**. Shape onto **16 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 tomatoes and cucumbers. Roughly chop mint leaves. Whisk lemon juice together with **1/4 cup 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 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

