



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Lebanese flatbreads

These delicious flatbreads are baked fresh and without preservatives. Store them in the fridge or freezer until you require them (they defrost very quickly) to ensure they keep fresh.



1 Indian Kofta Meatballs

Indian style kofta meatballs made easy using Turban Chopstick's Bombay burger kit! Served in warm flatbreads with mango chutney and salad ingredients.




 20 minutes

 2 servings

 Lamb

21 May 2021

FROM YOUR BOX

BOMBAY BURGER MIX	1/2 packet
ZUCCHINI	1/2 *
LAMB MINCE 	250g
FESTIVAL LETTUCE	1/2 *
LEBANESE CUCUMBER	1
TOMATO	1
RED CAPSICUM	1
CHIVES	1/3 bunch *
FLATBREAD	1 packet
MANGO CHUTNEY	1 jar
 HUMMUS	1 tub (200g)
 NATURAL YOGHURT	1 tub (200g)

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking

KEY UTENSILS

large frypan


NOTES

Some natural yoghurt and/or chilli works well in the wraps also!

The leftover koftas make a perfect lunch!

No lamb option – lamb mince is replaced with chicken mince.

No gluten option – flatbreads are replaced with GF flatbreads/wraps.


 **VEG OPTION** – Ingredients are replaced with vegetarian alternatives – follow the



1. COMBINE KOFTA MIX

Set oven to 200°C.

Stir to combine dry Bombay mix with **1/3 cup water**. Grate and add 1/2 zucchini along with lamb mince. Combine well, using your hands.

 **VEG OPTION** – Prepare as above, adding hummus instead of lamb mince.



2. COOK THE KOFTA MEATBALLS

Heat a large frypan with **oil** over medium-high heat. Spoon kofta mix straight into pan, into desired sized meatballs. Cook for 7-8 minutes, or until browned all-round and cooked through.



3. PREPARE THE VEGETABLES

Shred or tear lettuce leaves. Slice cucumber, tomato, capsicum and chives. Set aside on a platter for serving.




4. WARM THE FLATBREADS

Wrap flatbreads in baking paper or a clean kitchen towel and warm in the oven for 2-3 minutes (use flatbreads to taste, freeze any leftovers!).



5. FINISH AND SERVE

Serve kofta meatballs with salad components and mango chutney in flatbreads (see notes).

 **VEG OPTION** – Serve kofta fritters with salad components, yoghurt and mango chutney in flatbreads.

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

