



Cooking Made Easy

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## Lamb Koftas with Homemade Tzatziki & Wholemeal Rice

The last time we sent out a dish with this shawarma spice in it we spent a good part of the next day responding to people asking where we got it from. This fab little blend comes from our friends at Seasoned Pioneers, a speciality spice merchants who have a whole Aladdin's cave of culinary wonderment - check them out online! Oh, and save a tablespoon of Greek yoghurt for this week's fish 'n' chips!



40 min



family box



gluten free



spicy



Minced Lamb



Greek Yoghurt



Shawarma Spice



Fresh Dill



Cucumber



Brown Rice



Lemon



Garlic



Skewers

## Ingredients

	2P	4P
Minced Lamb	-	400g
Greek Yoghurt <b>1</b>	-	6 tbsp
Shawarma Spice	-	1 tbsp
Fresh Dill, chopped	-	2 tsp
Cucumber	-	1
Brown Rice	-	2 cups
Lemon	-	1
Garlic Clove, diced	-	1
Skewers	-	10

⊕ May feature in another recipe

\* Good to have at home

LH Step for little hands

## Allergens

1) Milk

**Nutrition per serving:** Calories: 604 kcal | Protein: 34 g | Carbs: 80 g | Fat: 16 g | Saturated Fat: 6 g

3



**1** Submerge the skewers in water until you make your koftas, (this will stop them burning under the grill later).

4



**2** Boil a large pot of water on medium-high heat for your rice with  $\frac{1}{2}$  tsp of salt. Rinse the rice in a sieve under running water for 30 seconds. Once the water comes to a rapid boil add the rice and cook for 25 mins. **Tip:** *The water must be rapidly boiling or else the cooking time will be longer*

6



**3** Peel and very finely dice the garlic. In a bowl mix together the lamb mince with the shawarma spice. Mix in  $\frac{1}{4}$  tsp of salt, a few grinds of pepper and  $\frac{1}{2}$  of the garlic.

7



**4** Divide the mixture into 8 equal portions. Gently squeeze each section into a sausage shape then slide the skewer through it.

**5** Turn your grill to high heat and rub a very light coating of olive oil on each kofta. Place under the grill for around 15 mins. Turn every 5 mins to evenly brown them. **Tip:** *It's normal for juices from the kofta to hit the grill and smoke a bit*

**6** Slice the cucumber in half lengthways then slice each half lengthways again. Slide your knife along the long cucumber quarters to remove the seeds. Slice each length into  $\frac{1}{2}$  cm strips then very finely chop widthways to make cubes.

**7** Remove the dill leaves from the main stalk and finely chop 2 tsp of them. Mix together 6 tbsp of Greek yoghurt with 1  $\frac{1}{2}$  cups of cucumber cubes. Grate in  $\frac{1}{2}$  tsp of lemon zest and add  $\frac{1}{2}$  tsp of lemon juice. **LH:** Stir through the remaining garlic (as much as you like), a small pinch of salt and pepper and the dill.