



Cooking Made Easy

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## Lamb Kofta with Almond Couscous & Cucumber Salad

We've been working on a theory down here at The Fresh Farm. We're convinced that if you can eat a meal with only a fork, or even better simply off a stick, then it's bound to be tasty. Think about it: spaghetti bolognese, shepherd's pie and every single one of those delicious 'sticky' street food morsels you've had whilst on holiday. This evening we're putting the theory to the test!

30 min

spicy



Spring Onion



Red Onion



Mint



Almonds



Skewers



Lamb Mince



Spice Mix



Cucumber



Lime



Yoghurt



Vegetable Stock Pot



Couscous

## Ingredients

	2P	4P
Spring Onion, diced	2	4
Red Onion, diced	1 cup	2 cups
Mint, chopped	2 tbsp	4 tbsp
Almonds <b>1</b>	1 tbsp	2 tbsp
Skewers	6	12
Lamb Mince	250g	500g
Spice Mix (All Spice, Cinnamon, Cumin)	1 tbsp	2 tbsp
Cucumber	¾	1½
Lime	½	1
Yoghurt <b>2</b>	2 tbsp	4 tbsp
Vegetable Stock Pot <b>3</b>	½	1

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

1) Nut | 2) Milk

3) Celery | 4) Gluten

**Nutrition per serving:** Calories: 609 kcal | Protein: 29 g | Carbs: 35 g | Fat: 39 g | Saturated Fat: 12 g



1

**1** Slice off the root and a few centimetres off the top of your spring onions. Cut them in half lengthways then dice finely. Finely dice the red onion, roughly chop the mint, crush your almonds and soak your bamboo skewers in water (which stops them burning later).



2

**2** Heat ½ tbsp of olive oil in a pan on a medium-low heat. Once warm add the red onion with ¼ tsp salt and a few grinds of pepper. Cook gently for 20 mins until the onions are nice and sticky and sweet. **Tip:** *If the onions start to brown off too much add a tbsp of water and turn the heat to low.*



3

**3** Time to get your hands dirty! Mix the lamb mince with the diced spring onions, the spice mix (containing cinnamon, cumin and all spice), ½ tsp of salt and a third of the chopped mint. Really mix this well for a couple of minutes then cover and put in the fridge.



4

**4** Peel the cucumber then pull the peeler along it lengthways (or thinly slice with a knife) to make long strips (don't use the squidgy middle). Mix

with a squeeze of lime juice, salt, pepper (to taste), 2 tbsp of yoghurt and the remaining mint.

**5** Put 250ml of water in a pot with half the stock pot and 1 tsp of olive oil. Once it comes to the boil take off the heat, stir in the couscous, cover the pot with a tight fitting lid, and leave to the side until the rest of the meal is ready.

**6** Pre-heat your grill to its highest heat. Wet your fingers in a bowl of water (which stops the meat sticking to them) and divide your meat into six. Squeeze this onto your skewers firmly, before grilling as close to the heat as possible for a few mins on each side.

**7** Fluff up your couscous with a fork and mix in the slow-cooked red onions, crushed almonds and a bit of grated lime zest.

**8** To serve, just put some couscous into a bowl, put some of your minted cucumber salad on top then put a couple of skewers on top of that. Yalla!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!