



Baharat Lamb Koftas and Balsamic Fig Sauce with Herby Roasted Potatoes and Tomato & Rocket Salad

27

Calorie Smart 40 Minutes • Mild Spice • 1 of your 5 a day • Under 600 Calories



-  Potatoes
-  Baby Plum Tomatoes
-  Garlic Clove
-  Red Onion
-  Italian Style Herbs
-  Panko Breadcrumbs
-  Baharat
-  Lamb Mince
-  Fig Jam
-  Balsamic Glaze
-  Rocket

Pantry Items
Water, Salt, Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, frying pan and bowl.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Baby Plum Tomatoes	125g	250g	250g
Garlic Clove**	1	1	2
Red Onion**	1	1	2
Italian Style Herbs	1 sachet	2 sachets	2 sachets
Panko Breadcrumbs 13	10g	15g	25g
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Baharat	1 pot	1 pot	2 pots
Salt*	¼ tsp	½ tsp	½ tsp
Lamb Mince**	200g	300g	400g
Fig Jam	1 sachet	1½ sachets	2 sachets
Balsamic Glaze 14	2 sachets	3 sachets	4 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Rocket**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	511g	100g
Energy (kJ/kcal)	2222/531	435/104
Fat (g)	18	4
Sat. Fat (g)	7	1
Carbohydrate (g)	68	13
Sugars (g)	21	4
Protein (g)	26	5
Salt (g)	0.99	0.19

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

13) Gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Pop the chunks onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.** When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Get Prepped

Meanwhile, halve the **baby plum tomatoes**. Peel and grate the **garlic** (or use a garlic press). Half, peel and chop the **red onion** into 2cm chunks. When the **potatoes** are halfway through cooking, add the **onion** to the tray and sprinkle over the **Italian style herbs**. Toss to coat, then roast in your oven for the remaining time.



Make your Koftas

Pop the **panko breadcrumbs** into a medium bowl. Add the **water for the breadcrumbs** (see ingredients for amount), **garlic** and **baharat spice**. Season with **salt** (see ingredients for amount) and **pepper**, then add the **lamb mince**. Mix with your hands until combined and shape into 3 mini sausage shapes per person. Flatten to make **koftas**. **IMPORTANT: Wash your hands and equipment after handling raw mince.**



Fry Time

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **koftas** to the pan and fry until browned all over and cooked through, 10-12 mins. **IMPORTANT: The koftas are cooked when no longer pink in the middle.** Transfer the **koftas** to a plate and cover with foil to keep warm. Meanwhile, discard the fat from the pan and add the **fig jam** and **half the balsamic glaze**. Bring to boil, then remove from the heat. **TIP: Add a splash of water if it's a little thick.**



Dress the Salad

When everything is nearly ready, mix together the **olive oil for the dressing** (see ingredients for amount), remaining **balsamic glaze** and a pinch of **salt** in a small bowl. Add the **tomatoes** and **rocket** to the bowl, then mix well to dress.



Serve

When ready to serve, plate up your **koftas** (3 per person) with the **roasted potatoes** and **salad** alongside. Spoon the **balsamic fig sauce** over the **koftas** to finish.

Enjoy!

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