



# LAMB KOFTA PITTAS

with Sweet Potato Wedges



HELLO PITTA

xx



Lamb Mince



Ground Cumin



Ground Coriander



Sweet Potato



Red Pepper



Natural Yoghurt



Mint



Baby Gem Lettuce



Wholemeal Pitta



Fresh Chilli Jam

MEAL BAG

Hands on: 30 mins  
Total: 45 mins

... of your  
5 a day

Family Box

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Mixing Bowls**, some **Foil**, some **Baking Paper**, two **Baking Trays** and a **Large Frying Pan**. Now, let's get cooking!



### 1 MAKE THE KOFTAS

Preheat your oven to 220°C. Divide the **lamb** between two mixing bowls. Season both with a good pinch of **salt** and **pepper**.  
**+** **TWIST IT UP:** Add the cumin and coriander to one of the bowls and mix in. Divide each bowl of **mince** into 2 equal sized balls per person, squishing together well with your hands, then flatten into small patty shapes. Cover with foil and set aside (but remember which is which!)  
**!** **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



### 2 ROAST THE POTATO

Chop the **sweet potato** in **half**, then into wedges the size of your index finger. Put on a large lined baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss together then spread out and roast on the top shelf of your oven until golden and crispy, 25-30 mins, turning halfway through cooking.



### 3 PEPPER TIME

Halve, then remove the core from the **pepper** and thinly slice. Halfway through the **sweet potato** cooking time, push the **potato** to one half of the tray and lay the **pepper** on the empty half. (If your tray isn't big enough, put the **pepper** on a second tray. Everything should be spread out in one layer!) Drizzle with **oil** and season with **salt** and **pepper**. Return to the oven for the remainder of the time.



### 4 FRY THE KOFTAS

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **koftas** and fry, turning occasionally, until browned all over and cooked through, 12-15 mins, adjusting the heat if necessary.  
**★ TIP:** Make sure you keep the spiced koftas separate from the plain so you know which is which!



### 5 PREP THE TOPPINGS

Pop the **yoghurt** into a small bowl. Strip the **mint leaves** from their stalks and roughly chop (discard the stalks). Stir the **mint** into the **yoghurt** and season with **salt** and **pepper**. Trim the **lettuce** then finely slice. Pop the **pittas** onto another baking tray on the middle oven shelf to warm through for a few minutes before serving.



### 6 FINISH AND SERVE

Halve the **pittas** widthways and open them up like a pocket (see photo). How you assemble your **pittas** is up to you! We recommend for the adults plenty of **lettuce**, **minty yoghurt**, **roasted pepper** and the **spiced koftas**, finished with a drizzle of **chilli jam**. Kids may prefer their plain **koftas** with just a few toppings. Don't forget the **wedges!** **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Lamb Mince	250g	375g	500g
Ground Cumin	½ small pot	¾ small pot	1 small pot
Ground Coriander	½ small pot	¾ small pot	1 small pot
Sweet Potato	1 small	1 large	1 large
Red Pepper	1	1½	2
Natural Yoghurt 7)	½ pot	1 pot	1 pot
Mint	½ bunch	¾ bunch	1 bunch
Baby Gem Lettuce	1	1	1
Wholemeal Pitta 13)	2	3	4
Fresh Chilli Jam 14)	1 pot	1 pot	1 pot

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 487G	PER 100G
Energy (kcal)	581	119
(kJ)	2429	499
Fat (g)	20	4
Sat. Fat (g)	7	2
Carbohydrate (g)	65	13
Sugars (g)	21	4
Protein (g)	34	7
Salt (g)	0.83	0.17

• Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 13) Gluten 14) Sulphites

**🧼** Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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