



# Middle Eastern Honey-Glazed Lamb Koftas

with Fattoush-Style Salad & Garlic Drizzle

Grab your Meal Kit with this symbol



Garlic



Tomato



Radish



Lamb Mince



Middle Eastern Seasoning



Fine Breadcrumbs



Mini Flour Tortillas



Mixed Salad Leaves



Garlic Dip

### Keep an eye out...

Due to recent sourcing challenges, we've replaced cucumber with radish, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

### Pantry items

Olive Oil, Egg, Honey, White Wine Vinegar

Hands-on: 20-30 mins  
 Ready in: 30-40 mins

Calorie Smart

Plate up dinner tonight with this fragrant, Middle Eastern signature dish. These juicy koftas are packed with a flavourful, mild spice blend that pack a punch. With a finishing drizzle of garlic sauce, we rate this mouth-watering meal 4/4 stars!

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
tomato	1	2
radish	1	2
lamb mince	1 packet	1 packet
Middle Eastern seasoning	1 sachet	2 sachets
fine breadcrumbs	1 packet	1 packet
egg*	1	2
honey*	1 tsp	2 tsp
mini flour tortillas	3	6
mixed salad leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
garlic dip	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2496kJ (597Cal)	641kJ (153Cal)
Protein (g)	36.6g	9.4g
Fat, total (g)	32.1g	8.2g
- saturated (g)	6.7g	1.7g
Carbohydrate (g)	37.7g	9.7g
- sugars (g)	6.5g	1.7g
Sodium (mg)	1027mg	264mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Finely chop the **garlic**. Roughly chop the **tomato** and **radish**.



## Prep the koftas

In a medium bowl, combine the **lamb mince**, **Middle Eastern seasoning**, **garlic**, **fine breadcrumbs**, the **egg** and a pinch of **salt** and **pepper**. Using damp hands, roll the **lamb mixture** into koftas. You should get about 3 koftas per person.



## Cook the koftas

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **koftas**, turning, until browned and cooked through, **10-12 minutes** (cook in batches if your pan is getting crowded). Remove the pan from the heat, then add the **honey** and turn the koftas to coat.



## Toast the tortillas

While the koftas are cooking, toast or grill the **mini flour tortillas** until golden or to your liking. Slice or tear the **tortillas** into quarters.



## Toss the salad

In a large bowl, combine the **mixed salad leaves**, **tomato**, **radish**, **tortillas** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



## Serve up

Divide the fattoush-style salad between bowls. Top with the Middle Eastern honey-glazed lamb koftas. Spoon over the **garlic dip** to serve.

Enjoy!