



Souvlaki Style Lamb Koftas

with Pomegranate and Mint Yoghurt

STREET FOOD 35 Minutes • 3 of your 5 a day

Nº 24



Potatoes



Italian Herbs



Smoked Paprika



Baby Gem Lettuce



Medium Tomatoes



Mint



Cucumber



Pomegranate



Panko Breadcrumbs



Baharat



Lamb Mince



Natural Yoghurt



Greek Flatbread

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Baking Tray, Mixing Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Italian Herbs	1 pot	1 pot	2 pots
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Baby Gem Lettuce**	1	2	2
Medium Tomatoes	2	3	4
Mint**	1 bunch	1 bunch	1 bunch
Cucumber**	½	1	1
Pomegranate**	1	1	1
Panko Breadcrumbs 13	10g	20g	25g
Baharat	1 small pot	¾ large pot	1 large pot
Lamb Mince**	200g	300g	400g
Natural Yoghurt 7 **	75g	100g	150g
Greek Flatbread 7 13	2	3	4
Water for Koftas*	2 tbsp	3 tbsp	4 tbsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	757g	100g
Energy (kJ/kcal)	2900 /693	383 /92
Fat (g)	19	3
Sat. Fat (g)	8	1
Carbohydrate (g)	94	12
Sugars (g)	19	3
Protein (g)	38	5
Salt (g)	1.02	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13**) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK



1. Chip Time!

Preheat your oven to 200°C. Chop the **potatoes** into 2cm slices, then chop into 2cm wide chip shaped pieces (no need to peel!). Pop the **chips** on a low sided wide baking tray. Drizzle with **oil**, **Italian herbs** and **paprika** then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



4. Cook the Koftas

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **koftas** and fry until browned on the outside and cooked through, 8-12 mins in total. Carefully turn them every 3 mins and lower the heat if they are burning. **IMPORTANT:** The koftas are cooked when they are no longer pink in the middle.



2. Get Prepped

Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways. Thinly slice the **tomatoes**, discarding the top. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Trim the **cucumber** then quarter lengthways. Chop widthways into small pieces. Quarter the **pomegranate** (see ingredients for amount). Holding the **pomegranate pieces** over a bowl of **water**, scoop out the **seeds** into the bowl of **water**. **TIP:** Use a fork to do this, it helps to release the seeds. Scoop out the **seeds** and set aside. Discard the white pith.



5. Finish Off

Meanwhile, in a small bowl mix the **yoghurt** and **mint**, season with **salt** and **pepper** and set aside. Pop the **flatbreads** into your oven to warm through for the last 3-4 mins of chip cooking time.



3. Make the Koftas

Pop the **panko breadcrumbs** into a large bowl. Add the **baharat spice** and **water** (see ingredients for amount) and mix together well. Add the **lamb mince** and, using your hands, mix until very well combined. Form into kofta shapes (3 per person). **IMPORTANT:** Remember to wash your hands after handling raw meat!



6. Assembly Time

Layer each **flatbread** with the **shredded gem**, **sliced tomatoes**, **cucumber**, **koftas**, **half** the **chips**. Drizzle with **tzatziki** and top with a sprinkle of **pomegranate seeds**. Serve any remaining **chips** on the side with the **tzatziki** for dipping.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.