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## Aromatic Lamb Koftas with Freekeh and Rhubarb Salsa

It's ripe, it's really delicious, it's rhubarb! Because rhubarb is in season right now, we thought we'd show you how you can use it to bring out the flavours of lamb. André's aromatic lamb koftas are so rich and meaty, that the sweet and sourness of our rhubarb is the perfect addition for your taste buds.



45 mins



family box



healthy



Vegetable Stock Pot (1)



Turmeric ( $\frac{3}{4}$  tsp)



Freekeh (2 packs)



Spring Onion (3)



Garlic Clove (2)



Coriander (5 tbsp)



Lamb Mince (500g)



Ras-el-Hanout (1 tbsp)



Rhubarb (2 sticks)



Lemon (1)



Mint (4 tbsp)




Natural Yoghurt (1 pot)

## Ingredients

4 PEOPLE    ALLERGENS

Vegetable Stock Pot	1	Celery
Turmeric	¾ tsp	
Freekeh	2 packs	Gluten
Spring Onion, sliced	3	
Garlic Clove, chopped	2	
Coriander, chopped	5 tbsp	
Lamb Mince	500g	
Ras-el-Hanout	1 tbsp	
Rhubarb, chopped	2 sticks	
Lemon	1	
Mint, chopped	4 tbsp	
Natural Yoghurt	1 pot	Milk

 Our fruit and veggies come straight from the farm so give them a little wash before using

LH: Step for little hands

### Did you know...

Rhubarb was originally grown for medicinal purposes...it hasn't always been made into crumbles!

**Nutrition per serving:** Calories: 469 kcal | Protein: 39 g | Carbs: 45 g | Fat: 13 g | Saturated Fat: 5 g

2



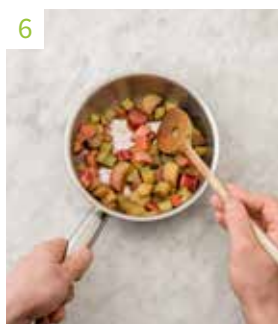
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5



6



**1** Place a pot of water over medium-high heat and bring to the boil. Add the **stock pot**, ¾ tsp of **turmeric** and the **freekeh**. Once boiling, reduce the heat to a simmer and cook for 20 mins.

**2** Whilst the freekeh is cooking, prepare the rest of the ingredients. Remove the roots from the **spring onions** and finely slice. Peel and finely chop the **garlic** (you can use a garlic press if you have one!). Tear the leaves from the **coriander** and roughly chop. Chop the stalks as small as you can (keep the coriander leaves and stalks separate).

**3** Place the **lamb mince** in a mixing bowl and add the **spring onion**, **garlic**, the chopped **coriander** stalks and the **ras-el-hanout**. Season with ½ tsp of **salt** and a good grind of **black pepper**. **LH:** Use your hands to mix the ingredients into the **lamb**. Shape the mix into 12 even-sized patties, 2½cm thick.

**4** Pre-heat your grill to medium-high. Remove the top and bottom of the **rhubarb** stalks and cut the **rhubarb** into 2cm wide pieces. Zest the **lemon** on a fine grater and pick the **mint** leaves. Discard the stalks and roughly chop the **mint** into fine strips.

**5** The grill should now be hot. Cook the lamb patties for 12 mins, turning halfway to ensure even cooking. The patties are cooked when the meat is no longer pink in the centre.

**6** While the lamb is cooking, heat a frying pan over a medium heat and add 1 tbsp of **water**. Add the **rhubarb** pieces and 3 tbsp of **sugar** (if you have some). Stir gently and cook for 3-5 mins or until the **rhubarb** begins to soften. Remove the pan from the heat and transfer the **rhubarb** and the juices into a small bowl. Stir in half the chopped **mint** to finish your salsa. **Tip:** *Rhubarb overcooks very quickly and will continue cooking once out of the pan. You need to stop cooking just as it begins to soften.*

**7** When the **freekeh** is cooked, drain in a sieve and leave to cool for a few mins. Once cooled but still warm, return to the pot off the heat. Mix in the **lemon zest**, the juice of half the **lemon**, the **coriander** leaves and remaining chopped **mint**. Season with ¼ tsp of **salt** and a good grind of **black pepper**.

**8** Serve the lamb koftas on top of a bed of the **freekeh** and finish your plates with alternating dollops of **yogurt** and the minty-rhubarb salsa. Enjoy!

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