

Herby Lamb Koftas on Garlic Naans

with Sweet Potato Wedges, Baby Gem Salad and Yoghurt

Street Food 40-50 Minutes • Mild Spice • 4 of your 5 a day



Garlic Clove



Mint



Sweet Potato



Chermoula Spice Mix



Breadcrumbs



Lamb Mince



Medium Tomato



Baby Gem Lettuce



Plain Naans



Greek Style Natural Yoghurt

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Garlic press, baking tray and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Mint**	1 bunch	1 bunch	1 bunch
Sweet Potato	2	3	4
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Breadcrumbs 13)	10g	15g	25g
Lamb Mince**	300g	400g	600g
Medium Tomato	1	1½	2
Baby Gem Lettuce**	1	1½	2
Plain Naans 7) 13)	2	3	4
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Olive Oil*	1 tbsp	1½tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	705g	100g
Energy (kJ/kcal)	4453/1064	632/151
Fat (g)	38.5	5.5
Sat. Fat (g)	13.5	1.9
Carbohydrate (g)	129.2	18.3
Sugars (g)	23.9	3.4
Protein (g)	49.3	7.0
Salt (g)	2.62	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

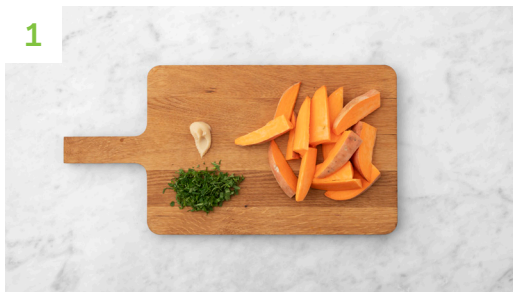
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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press).

Pick the **mint leaves** from their stalks and finely chop (discard the stalks).

Chop the **sweet potatoes** into 2cm wide wedges (no need to peel).



Ready, Steady, Bake

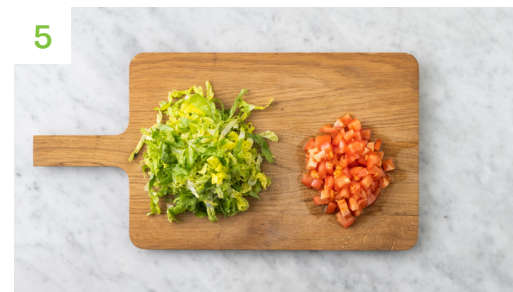
Pop the **koftas** onto a large baking tray and bake on the top shelf of your oven until browned on the outside and cooked through, 12-15 mins. **IMPORTANT: The koftas are cooked when no longer pink in the middle.**



Roast the Wedges

Pop the **wedges** 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 middle shelf until golden, 25-35 mins. Turn halfway through.

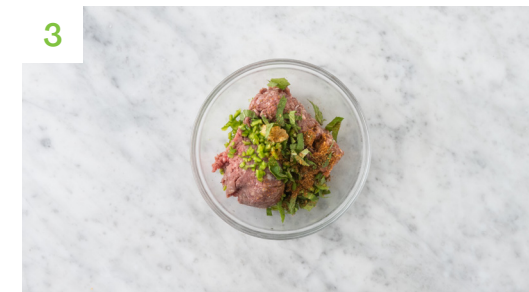


Bring on the Toppings

While the **koftas** cook, cut the **tomato** into small chunks. Trim the **baby gem**, halve lengthways, then thinly slice widthways.

Mix the remaining **garlic** with the **olive oil** (see pantry for amount). Spoon the **garlic oil** over the **naans** and place on a baking tray.

When the **wedges** have 4 mins left, warm the **naans** in the oven for 3-4 mins.

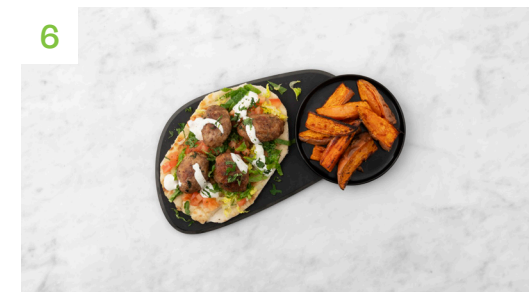


Kofta Time

In a large bowl, combine the **chermoula spice mix** with **half** the **garlic** and **half** the **mint**.

Mix in the **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **lamb mince**. Season with **pepper** and mix together with your hands.

Shape into **mini sausage** shapes, 4 per person. Flatten to make **koftas**. **IMPORTANT: Wash your hands and equipment after handling raw mince.**



Assemble and Serve

When ready, place a **garlic naan** on each plate and top with the **baby gem**, **tomatoes** and **lamb koftas**.

Sprinkle over the remaining **mint**, then finish with a drizzle of **yoghurt**.

Serve with the **sweet potato wedges** alongside.

Enjoy!