



Baharat Lamb Koftas

with Fig & Balsamic Sauce

Calorie Smart 40 Minutes • Under 600 Calories • Little Spice • 1.5 of your 5 a day

26



Potatoes



Baby Plum Tomatoes



Garlic Clove



Red Onion



Dried Oregano



Panko Breadcrumbs



Baharat Spice



Lamb Mince



Balsamic Vinegar



Fig Jam



Rocket

Before you start

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

Cooking tools, you will need:

Baking Tray, Garlic Press, Bowl, Frying Pan.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Baby Plum Tomatoes	125g	190g	250g
Garlic Clove**	1 clove	1 clove	2 cloves
Red Onion**	1	1	2
Dried Oregano	1 small sachet	1 large sachet	2 small sachets
Panko Breadcrumbs 13)	10g	15g	25g
Water for the Lamb*	2 tbsp	3 tbsp	4 tbsp
Baharat Spice	1 small pot	¾ large pot	1 large pot
Lamb Mince**	200g	300g	400g
Balsamic Vinegar 14)	2 sachets	3 sachets	4 sachets
Fig Jam	1 sachet	1½ sachets	2 sachets
Olive Oil for the dressing*	1 tbsp	1½ tbsp	2 tbsp
Rocket**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	519g	100g
Energy (kJ/kcal)	2159 /516	416 /100
Fat (g)	18	4
Sat. Fat (g)	7	1
Carbohydrate (g)	63	12
Sugars (g)	17	3
Protein (g)	26	5
Salt (g)	0.30	0.06

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

13) Gluten **14)** Sulphites

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

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Roasty Time

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **potato** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and 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.



Prep Away

Meanwhile, halve the baby **plum tomatoes**. Peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **red onion** into 2cm chunks. When the **potatoes** are halfway through cooking, add the **onion** and **dried oregano** to the tray, toss to coat and roast in your oven for the remaining time.



Make Your Koftas

Pop the **panko breadcrumbs** into a medium bowl. Add the **water** (see ingredients for amount) and the **baharat spice**. Season with **salt** and **pepper** and mix together. Add the **garlic** and **lamb mince** and mix with your hands until combined. Shape into 4 **sausage** shapes per person. Flatten to make **koftas** and pop onto a plate. **IMPORTANT:** Wash your hands after handling raw meat.



Fry Time

Heat a drizzle of **oil** in a large frying pan on a medium-high heat. When hot, add the **koftas** and cook turning frequently until browned all over and crisp, 8-10 mins. **IMPORTANT:** The lamb is cooked when it is no longer pink in the middle. Pop the **koftas** onto a plate and cover with foil to keep warm. Drain the fat from the pan and add half the **balsamic vinegar** and all the **fig jam**, bring to a boil and remove from the heat. Add a splash of **water** if it needs it.



Salad Time

In a small bowl, combine the **oil** for the dressing (see ingredients for amount) the remaining **balsamic vinegar** and a pinch of **salt**. Pop the **tomatoes** and **rocket** in the bowl and mix well to dress.



Time to Serve

Share the **potatoes** between you plates, place the **salad** and **koftas** alongside. Pour the **balsamic fig sauce** over the **koftas**.

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.