



More Than Food
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Indian Minced Lamb Koftas with Coconut Pilaf and Minty Yoghurt

Kofta is the traditional name for a spiced meatball which features prominently in Middle Eastern and Indian cuisine. These delicately spiced lamb koftas are super easy to make and fun to eat! The creamy cinnamon spiced coconut pilaf makes a delicious accompaniment that your family will love!

40 mins

2.5 of your 5 a day

spicy

family box

mealkit

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|--------------------|-----------------------|---------------------|----------------------|------------------|--------------------|-----------------------------|----------------------|-----------------------------|
| | | | | | | | | |
| Onion (1) | Echalion Shallot (1) | Courgette (2) | Yellow Pepper (1) | Garlic Clove (1) | Mint (1 bunch) | Flat Leaf Parsley (1 bunch) | Lamb Mince (500g) | Tandoori Spice Mix (1½ tsp) |
| | | | | | | | | |
| Bamboo Skewers (8) | Curry Powder (1 tbsp) | Basmati Rice (350g) | Coconut Milk (400ml) | Water (300ml) | Cinnamon Stick (1) | Chicken Stock Pot (1) | Baby Spinach (1 bag) | Natural Yoghurt (1 pot) |


4 PEOPLE INGREDIENTS

- Onion, chopped 1
- Echalion Shallot, chopped 1
- Courgette, chopped 2
- Yellow Pepper, sliced 1
- Garlic Clove, grated 1
- Mint, chopped 1 bunch
- Flat Leaf Parsley, chopped 1 bunch
- Lamb Mince 500g
- Tandoori Spice Mix 1½ tsp
- Bamboo Skewers 8
- Curry Powder 1 tbsp
- Basmati Rice 350g
- Coconut Milk 400ml
- Water 300ml
- Cinnamon Stick 1
- Chicken Stock Pot 1
- Baby Spinach 1 bag
- Natural Yoghurt 1 pot

Allergens: Milk, Mustard.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	718 kcal / 3012 kJ	34 g	23 g	70 g	11 g	34 g	3 g
Per 100g	120 kcal / 503 kJ	6 g	4 g	12 g	2 g	6 g	1 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

The word **kofta** comes from the Classical Persian verb **kōftan** which means 'to pound' or 'to grind'!

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract



1 Cut the **onion** in half through the root. Peel and chop into ½cm pieces. Cut the **shallot** in half, peel, and chop into ½cm pieces, or even smaller if you can! Cut the top and bottom off the **courgette** and then slice in half lengthways. Cut each half into four strips, then chop the strips into 1cm chunks. Remove the core from the **yellow pepper**, then cut into thin ½cm wide slices. Peel and grate the **garlic** (or use a garlic press if you have one). Pull the **mint leaves** off their stalks and finely chop them (discard the stalks). Roughly chop the **parsley**.

2 Preheat your oven to 180 degrees. Put the **lamb mince** in a bowl and add your **shallot**, half your **mint** and the **tandoori spice mix**. Add a good pinch of **salt** and a grind of **black pepper** and mix together with your hands. Divide into two balls per person, then mould into sausage shapes. Lightly flatten your sausage shapes, then thread a **skewer** through the middle (see picture), these are your **lamb koftas**! Pop your **koftas** on a lightly oiled baking tray.

3 Add a drizzle of **oil** to a large saucepan on medium heat along with your **onion**. Cook for 5 mins until soft, then add your **courgette** and **pepper**. Season with a pinch of **salt** and a grind of **black pepper** and cook for 5 mins until slightly softened. Add your **garlic** and **curry powder** to the pan, cook for 1 minute, then add the **basmati rice** and stir together. Pour in the **coconut milk** and **water** (amount specified in the ingredient list), and add the **cinnamon stick** and **chicken stock pot**.

4 Bring to a simmer, then reduce the heat to low, pop the lid on the pan and cook for 10 mins. After 10 mins, remove the pan from the heat, take out your **cinnamon stick**, and pop the **spinach** on top of your **rice**. Put the lid back on and leave your **rice** to cook in its own steam for another 10 mins.

5 Meanwhile, put your **lamb koftas** on the top shelf of your oven for 20 mins. Turn them over halfway through. **Tip:** *The lamb is cooked when it is no longer pink in the middle.*

6 While your rice and lamb cook, put the **yoghurt** in a bowl with your remaining **mint**, a small pinch of **salt** and a grind of **black pepper**. Mix together.

7 Get your washing up done and put your feet up for 5 mins!

8 Add half your **parsley** to your **rice** and stir well, making sure your **spinach** is mixed through too. Serve your **rice** in bowls with your **lamb koftas** on top and a dollop of **minty yoghurt**. Sprinkle over your remaining **parsley** and enjoy!

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