



# Lamb Koftas and Honey Lemon Chicken

with Bulgur Tabbouleh and Tzatziki

**BBQ FEAST** 35 Minutes • 3 of your 5 a day

Nº 20



Bamboo Skewers



Panko Breadcrumbs



Lamb Mince



Red Onion



Bulgur Wheat



Chicken Stock Powder



Baby Plum Tomatoes



Cucumber



Coriander



Greek Yoghurt



Lemon



Honey



Feta Cheese



Chicken Thighs



Zahtar Spice



Whole Wheat Tortilla



# Before you start

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

## Basic cooking tools, you will need:

Mixing Bowl, Measuring Jug, Plate, Saucepan, Baking Tray and Frying Pan.

## Ingredients

	2P	3P	4P
Bamboo Skewers	4	6	8
Panko Breadcrumbs <b>13)</b>	25g	40g	50g
Water for Lamb Burger*	2 tbsp	3 tbsp	4 tbsp
Lamb Mince**	200g	300g	400g
Red Onion**	½	1	1
Bulgur Wheat <b>13)</b>	1 small bag	1 medium bag	1 large bag
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Water for Bulgur*	240ml	360ml	480ml
Baby Plum Tomatoes**	1 small punnet	1 large punnet	1 large punnet
Cucumber**	½	1	1
Coriander**	1 pack	1 pack	1 pack
Greek Yoghurt <b>7)**</b>	150g	200g	300g
Lemon**	½	1	1
Honey	2 sachets	3 sachets	4 sachets
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Feta Cheese <b>7)**</b>	1 block	2 blocks	2 blocks
Chicken Thighs**	4	6	8
Zahtar Spice	1 small pot	¾ large pot	1 large pot
Whole Wheat Tortilla <b>13)</b>	4	6	8

\*Not Included \*\* Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	838g	100g
Energy (kJ/kcal)	5960 /1425	711 /170
Fat (g)	65	8
Sat. Fat (g)	26	3
Carbohydrate (g)	121	15
Sugars (g)	25	3
Protein (g)	83	10
Salt (g)	4.10	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

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## 1. Make the Koftas

If you're cooking your koftas in the oven not the BBQ, preheat your oven to 220°C. Put the **skewers** in a shallow dish of water to soak. Put the **panko breadcrumbs** in a large bowl, season with **salt** and **pepper** and add the **water** (see ingredients for amount), mix together then add the **lamb mince**. Mix with your hands and shape into **koftas** around the **skewers**, 2 per person. **IMPORTANT:** Remember to wash your hands after handling raw meat. Put on a plate, cover and pop in your fridge until ready to cook.



## 4. Cook the Koftas

Place the **koftas** on a baking tray and pop in the oven until browned and crisp, 20-25 mins. Turning halfway through. **IMPORTANT:** The **koftas** are cooked when they are no longer pink in the middle. You can do these on the BBQ, just make sure you turn frequently and check they are cooked through to the center.



## 2. Prep the Salad

Halve, peel and thinly slice the **red onion**. Heat a drizzle of **oil** in a saucepan over medium-high heat. When hot, add the **red onion**, stir and cook until softened, 2-3 mins. Stir in the **bulgur wheat** and **stock powder**. Pour the **water** for the bulgur wheat (see ingredients for amount) into a saucepan and bring to the boil. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve. Meanwhile, halve the **baby plum tomatoes**. Trim the **cucumber** then quarter lengthways. Chop widthways into small pieces. Pop the **tomatoes** and **cucumber** into a large serving bowl. We'll add the **bulgur** and **feta** later.



## 5. Cook the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**. Once the **oil** is hot, lay the **chicken thighs** in the pan and fry until golden 7-8 mins each side. When the **chicken** is almost done, sprinkle on the **Zahtar**, squeeze the remaining **lemon juice** into the pan and drizzle on the remaining **honey**. Allow it to bubble in the pan, turning the **chicken thighs** in the **mixture** to coat them evenly, 3-4 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## 3. Finish the Prep

Roughly chop the **coriander** (stalks and all). Mix the **yoghurt** with the **coriander** in a small bowl and season with **salt** and **pepper**. Zest and halve the **lemon**. Mix the **lemon zest**, half the **lemon juice**, half the **honey** and the **olive oil** (see ingredients for amount) in a small bowl. Drizzle all over the **tomato** and **cucumber**. Once the **bulgur** is cooked, fluff it up with a fork and add to the **salad** too. Mix together well, then crumble over the **feta**.



## 6. Serve up

Place the **tortillas** onto the BBQ or in the oven, and char/warm for 1-2 mins. Serve the **koftas** and **chicken** with the **herby yoghurt dip**, warmed **tortilla** and a serving of **bulgur salad**.

## 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.