



# Souvlaki Style Lamb Koftas

with Pomegranate and Mint Yoghurt

**STREET FOOD** 35 Minutes • 3 of your 5 a day

Nº 24



Potatoes



Italian Herbs



Smoked Paprika



Baby Gem Lettuce



Medium Tomatoes



Mint



Cucumber



Pomegranate



Panko Bread crumbs



Baharat



Lamb Mince



Natural Yoghurt



Greek Flatbread



## Before you start

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

### Basic cooking tools, you will need:

Baking Tray, Mixing Bowl and Frying Pan.

### Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Italian Herbs	1 pot	1 pot	2 pots
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Baby Gem Lettuce**	1	2	2
Medium Tomatoes	2	3	4
Mint**	1 bunch	1 bunch	1 bunch
Cucumber**	½	1	1
Pomegranate**	1	1	1
Panko Breadcrumbs <b>13</b>	10g	20g	25g
Baharat	1 small pot	¾ large pot	1 large pot
Lamb Mince**	200g	300g	400g
Natural Yoghurt <b>7</b> **	75g	100g	150g
Greek Flatbread <b>7</b> <b>13</b>	2	3	4
Water for Koftas*	2 tbsp	3 tbsp	4 tbsp

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	757g	100g
Energy (kJ/kcal)	2900 /693	383 /92
Fat (g)	19	3
Sat. Fat (g)	8	1
Carbohydrate (g)	94	12
Sugars (g)	19	3
Protein (g)	38	5
Salt (g)	1.02	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 7) Milk **13**) Gluten

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

#### Thumbs up or thumbs down?

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Packed in the UK



## 1. Chip Time!

Preheat your oven to 200°C. Chop the **potatoes** into 2cm slices, then chop into 2cm wide chip shaped pieces (no need to peel!). Pop the **chips** on a low sided wide baking tray. Drizzle with **oil**, **Italian herbs** and **paprika** then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, 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.



## 4. Cook the Koftas

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **koftas** and fry until browned on the outside and cooked through, 8-12 mins in total. Carefully turn them every 3 mins and lower the heat if they are burning. **IMPORTANT:** The koftas are cooked when they are no longer pink in the middle.



## 2. Get Prepped

Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways. Thinly slice the **tomatoes**, discarding the top. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Trim the **cucumber** then quarter lengthways. Chop widthways into small pieces. Quarter the **pomegranate** (see ingredients for amount). Holding the **pomegranate pieces** over a bowl of **water**, scoop out the **seeds** into the bowl of **water**. **TIP:** Use a fork to do this, it helps to release the seeds. Scoop out the **seeds** and set aside. Discard the white pith.



## 5. Finish Off

Meanwhile, in a small bowl mix the **yoghurt** and **mint**, season with **salt** and **pepper** and set aside. Pop the **flatbreads** into your oven to warm through for the last 3-4 mins of chip cooking time.



## 3. Make the Koftas

Pop the **panko breadcrumbs** into a large bowl. Add the **baharat spice** and **water** (see ingredients for amount) and mix together well. Add the **lamb mince** and, using your hands, mix until very well combined. Form into kofta shapes (3 per person). **IMPORTANT:** Remember to wash your hands after handling raw meat!



## 6. Assembly Time

Layer each **flatbread** with the **shredded gem**, **sliced tomatoes**, **cucumber**, **koftas**, **half** the **chips**. Drizzle with **tzatziki** and top with a sprinkle of **pomegranate seeds**. Serve any remaining **chips** on the side with the **tzatziki** for dipping.

## 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.