



U C O O K

— COOKING MADE EASY

LAMB KOFTAS

with a nourishing mash of garden peas, feta & crispy chickpeas

Koftas are spiced meatballs popular in Indian, Middle Eastern, Balkan, and Central Asian cuisines. Here, we've used karoo lamb mince, fresh herbs, and fragrant spices for a juicy, sizzling meatball feast.

Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 **Easy Peasy**

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Ingredients & Prep

60g	Chickpeas <i>drained & rinsed</i>
10ml	Red Wine Vinegar
20g	Radish <i>rinsed & finely sliced into rounds</i>
150g	Free-Range Lamb Mince
1	Garlic Clove <i>peeled & grated</i>
4g	Fresh Parsley <i>rinsed & finely chopped</i>
5ml	NOMU Lamb Rub
150g	Peas
50g	Danish-Style Feta <i>drained</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. TOASTY CHICKPEAS Preheat the oven to 180°C. Place the drained chickpeas on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 15-20 minutes until crispy and caramel in colour.

2. PICKLE THE RADISH Place the red wine vinegar in a bowl with 2 tsp of water. Add ½ tsp of a sweetener of choice and mix until combined or dissolved. Add the sliced radish, toss to coat, and set aside to pickle until serving.

3. KOFTA TIME Boil the kettle. Place the lamb mince in a bowl with the grated garlic, the Lamb Rub, three-quarters of the chopped parsley, and some seasoning. Mix well to combine and shape into 2-3 koftas. Place a grill pan or nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the koftas for 2-3 minutes in total, shifting as they colour, until browned but not cooked through. Remove from the pan on completion and place on a lightly greased baking tray. Bake in the oven for 4-5 minutes until cooked and glossy.

4. PEA & FETA MASH When the chickpeas are finished roasting, place the peas in a bowl and submerge in boiling water for 2-3 minutes until heated through. Drain on completion and return to the bowl. Add in three-quarters of the roast chickpeas, half of the drained feta, and a drizzle of olive oil. Mash with a fork or masher until it forms a chunky smash. Season to taste and set aside for serving.

5. FINISH YOUR SALAD Just before serving, remove the radish slices from the pickling liquid and toss with the rinsed baby spinach, a drizzle of olive oil, and some seasoning. If you'd like, reserve the pickling liquid for another use.

6. GET READY TO CHOW DOWN! Start with a generous mound of rustic pea and feta smash. Top with the juicy lamb koftas and plate the fresh salad on the side. Crumble over the remaining feta and scatter with the remaining roast chickpeas. Garnish with the remaining chopped parsley and eat up, Chef!



Chef's Tip

No need to be nervous about shaping your koftas! They have a similar shape to meatballs but are slightly flatter and more oval.

Nutritional Information

Per 100g

Energy	731kj
Energy	175Kcal
Protein	12.7g
Carbs	9g
of which sugars	2.9g
Fibre	3.1g
Fat	9.6g
of which saturated	4.4g
Sodium	209mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days