UCOOK

Finger-Licking Lamb Koftas

with tahini butternut mash, green beans & cranberry salad

These Middle Eastern flavours are sure to tantalise your taste buds! Juicy lamb koftas are served alongside nutty tahini butternut mash. Crunchy green beans are accompanied by crispy chickpeas, creamy feta, fresh mint & a salad leaf & cranberry salad.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Alex Levett

Carb Conscious

Muratie Wine Estate | Muratie Alberta Annemarie Merlot

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Ingredients & Prep

750g	Butternut *rinse, deseed, peel & cut into bite-sized pieces*
75ml	Tahini
450g	Free-range Lamb Mince
2	Spring Onions *rinse, trim & finely slice, keeping the white & green parts separate*
45ml	Lemon Juice
180g	Chickpeas *drain & rinse*
240g	Green Beans *rinse*
30ml	NOMU Moroccan Rub
60g	Salad Leaves *rinse*
30g	Dried Cranberries *roughly chop*
90g	Danish-style Feta *drain & crumble*
8g	Fresh Parsley *rinse & pick*

From Your Kitchen

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

1. READY, SET, BOIL Place a pot of cold salted water over a high heat. Add the butternut chunks and bring to the boil. Once boiling, reduce the heat and simmer until soft, 20-25 minutes. Drain and return to the pot. Add ½ the tahini, a splash of milk or water, a knob of butter (optional), and seasoning. Mash until smooth.

2. DRESS IT UP Place the lamb mince in a bowl with the sliced spring onion whites. Mix until well combined and season. Roll into 9 koftas. Loosen the remaining tahini with the lemon juice. Add water in 5ml increments until drizzling consistency. Season with salt, pepper, and a sweetener (to taste).

3. I'LL FRY IF I WANT TO Place a pan over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until crispy and caramel in colour, 12-15 minutes (shifting occasionally). In the final 4-5 minutes, add the sliced green beans and the NOMU rub. Season and set aside.

4. COOK THE KOFTAS Return the pan to a medium-high heat. When hot, fry the koftas until browned and cooked through, 4-6 minutes (shifting as they colour).

5. CREATE THE SIDE SALAD In a salad bowl, combine the rinsed salad leaves, a drizzle of olive oil, the chopped cranberries, and the roasted chickpeas & green beans.

6. MMMOROCCAN MEAL Plate up the tahini-butternut mash and top with the lamb koftas. Drizzle over the tahini lemon dressing. Side with the chickpea salad. Garnish with the crumbled feta, the spring onion greens, and picked parsley. What a masterpiece, Chef!

Nutritional Information

Per 100g

Energy	634kJ
Energy	152kcal
Protein	8.9g
Carbs	10g
of which sugars	2.5g
Fibre	2.8g
Fat	8.2g
of which saturated	2.9g
Sodium	134mg

Allergens

Allium, Sesame, Sulphites, Cow's Milk

Eat Within 3 Days