



UCCOOK

BBQ Lamb Kofta

with flour tortillas & whipped feta

A light slaw singing with a creamy tahini dressing sits on a toasted flour tortilla smeared with whipped feta and topped with BBQ lamb kofta. Finish it off with a sprinkle of golden almonds & fresh mint leaves for the best quick meal of your life!


Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Creation Wines | Creation Cabernet
Savignon, Merlot, Petit Verdot 2020

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Ingredients & Prep

150g	Free-range Lamb Mince
10ml	NOMU BBQ Rub
1	Spring Onion <i>finely sliced</i>
15g	Flaked Almonds
4g	Fresh Mint
100g	Cabbage
120g	Carrot
50g	Danish-style Feta
15ml	Tahini
100ml	Low Fat Plain Yoghurt
1	Lemon <i>½ zested & cut into wedges</i>
1	Wheat Flour Tortilla

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender (optional)

1. MAKE MINCE MEAT OF PREP In a bowl, combine the mince, the rub, the sliced spring onion, a drizzle of oil and seasoning. Mix to combine and roll into 4-5 meatballs.

2. GO FOR GOLD Place a nonstick pan over medium heat with a drizzle of oil. Add the meatballs and fry for 6-8 minutes until golden and cooked through, shifting as they colour.

3. TOTALLY NUTTY Place the flaked almonds in a pan over medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Keep a close eye on them; they can burn easily! Remove from the pan and set aside.

4. SUPER SLAW Rinse and pick the mint. Finely slice the cabbage. Peel and grate ½ the carrot. Drain the feta. In a bowl, add the cabbage, grated carrot, tahini, ½ of the yoghurt, lemon zest (to taste), a squeeze of lemon juice (to taste), and seasoning. Mix to combine.

5. YOU FETA BELIEVE IT! In a small bowl, add the remaining yoghurt and the feta. Mash until smooth, adding water in 5ml increments if necessary (alternatively place in a blender and blend until smooth).

6. TOASTED TORTILLAS Return the pan to medium heat. When hot, dry toast the tortilla for 30-60 seconds per side until heated and lightly crisped.

7. DELISH DISH Plate up the tortilla and top with the tahini slaw and golden meatballs. Dollop over the whipped feta and sprinkle over the almonds. Garnish with the mint leaves. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	697kJ
Energy	167kcal
Protein	9.8g
Carbs	10g
of which sugars	2.7g
Fibre	2.1g
Fat	9.9g
of which saturated	3.8g
Sodium	236.6mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat,
Tree Nuts

Cook
within 3
Days