



# 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.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Alex Levett

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Carb Conscious

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Muratie Wine Estate | Muratie Alberta  
Annemarie Merlot

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## Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel &amp; cut into bite-sized pieces</i>
25ml	Tahini
150g	Free-range Lamb Mince
1	Spring Onion <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
15ml	Lemon Juice
60g	Chickpeas <i>drain &amp; rinse</i>
80g	Green Beans <i>rinse</i>
10ml	NOMU Moroccan Rub
20g	Salad Leaves <i>rinse</i>
10g	Dried Cranberries <i>roughly chop</i>
30g	Danish-style Feta <i>drain &amp; crumble</i>
3g	Fresh Parsley <i>rinse &amp; pick</i>

## 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, 10-15 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 3 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