

U C O O K

— COOKING MADE EASY

Lamb Kofta Mezze Plate

with roast aubergine, ready-made hummus & za'atar

A lavish Middle Eastern, mezze-style meal: a roast of aubergine, baby tomatoes, and chickpeas; spiced lamb mince meatballs; peppery rocket; fresh mint; and splatters of hummus mixed with roast garlic.

Hands-On Time: 40 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Alex Levett

 **Easy Peasy**

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Ingredients & Prep

| | |
|------|---|
| 200g | Aubergine <i>rinsed, trimmed & cut into bite-size chunks</i> |
| 1 | Garlic Clove |
| 10g | Pumpkin Seeds |
| 1 | Onion <i>one half peeled</i> |
| 60g | Chickpeas <i>drained & rinsed</i> |
| 100g | Baby Tomatoes <i>rinsed</i> |
| 15ml | Za'atar Spice |
| 150g | Lamb Mince |
| 3g | Fresh Mint <i>rinsed, picked & roughly chopped</i> |
| 10ml | NOMU Lamb Rub |
| 50ml | Hummus |
| 20g | Rocket <i>rinsed</i> |

From Your Kitchen

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

1. GET THAT AUB IN THE OVEN Preheat the oven to 220°C. Place the aubergine chunks and unpeeled garlic clove on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 35-40 minutes, shifting halfway.

2. TOAST THE SEEDS & DO A LITTLE PREP Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool. Dice half of the peeled onion and set aside in a bowl. Slice the remainder and place in a separate bowl with the drained chickpeas and rinsed baby tomatoes. Coat in oil, a third of the za'atar spice, and some seasoning. Set aside.

3. AT THE HALFWAY MARK... Remove the aubergine from the oven, give it a shift, and sprinkle over another third of the za'atar spice. Scatter over the chickpeas, onion, and tomatoes, and return to the oven for the remaining cooking time. On completion, the chickpeas should be crispy and the veg should be cooked through and caramelised.

4. MEATBALL MADNESS Add the mince to the bowl of diced onion. Combine with half of the chopped mint, the Lamb Rub to taste, and a generous amount of seasoning to taste. Roll into 4-5 meatballs and place on a lightly greased baking tray. Sprinkle over the remaining za'atar spice and pop in the oven for 8-10 minutes until cooked through and glossy.

5. ALMOST THERE When the roast is ready, discard the skin from the garlic and mix the flesh with the hummus (to taste). Add warm water in 5ml increments until drizzling consistency. Toss the rinsed rocket with a drizzle of oil and some seasoning.

6. MEZZE DELIGHT! Load up with roast veg and cover with the juicy meatballs. Drizzle over the hummus dressing and side with some peppery rocket. Garnish with the toasted pumpkin seeds and the remaining chopped mint. Go on, Chef – devour!



Chef's Tip

To check if your meatballs are seasoned enough, pop a pan over a high heat with a small drizzle of oil. When hot, fry a bite-size piece of the meatball mixture for 1-2 minutes until cooked through. Taste to test and add more seasoning to the raw mixture if needed.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 493kJ |
| Energy | 118Kcal |
| Protein | 7.5g |
| Carbs | 8g |
| of which sugars | 2.3g |
| Fibre | 3.1g |
| Fat | 5.9g |
| of which saturated | 2.1g |
| Sodium | 118mg |

Allergens

Allium, Sesame, Sulphites

Cook
within 2
Days