DropChef

Lamb Koftas with Couscous

The origin of the word kofta comes from the Persian word kufteh, which means 'mashed'. Before food processors, meat was literally mashed using a large mortar and pestle. In this dish you combine the harrisa paste with the lamb before shaping the koftas, don't be afraid to use your hands to make sure it is fully mixed and to shape the skewers!

Nutritional Info

Calories: 748 kcal
Carbohydrates: 43 g
Protein: 34 g
Fat: 48 g

Ingredients

- Lamb Mince
- Red Onion
- Lemon
- Fresh Parsley
- Couscous
- Flaked Almonds
- Raisins
- Harissa Paste
- Skewers

Your Pantry

- Olive Oil
- Salt & Pepper
- Cling Film

Allergens

Nuts (Almonds)
Gluten (Couscous)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.

METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) *Pre-heat the oven to 180°C*

2) *Make the koftas*

In a bowl, break apart the lamb mince with a spoon. Add the harissa paste and shape the mince into sausage shapes around the skewer.

3) *Cook the koftas*

Place the lamb koftas on a greased oven tray and cook for 15 minutes at 180°C. After 10 minutes turn over in order to cook the kofta evenly. While the koftas are cooking, move on to the next step.

4) *Prepare the ingredients*

Peel and finely chop the onion. Chop the parsley. Set aside.

5) *Cook the couscous*

Place the couscous in a large bowl with the raisins and chopped onion. Pour about 160 ml of boiling water on top of this and cover with cling film. Leave to stand for 5 minutes. Remove the cling film and fluff up the couscous with a fork. Add the almonds, chopped parsley and juice of the lemon into the couscous. Season with salt and pepper.

6) *Finish the dish*

Once the lamb koftas have finished cooking serve them with the couscous on the side. Enjoy!

Fancy winning free DropChef in our weekly competition?!
To enter just share your delicious dinner on Instagram | **#DropChef**