



**READY TO COOK**  
BY HARRIS FARM

CREATE THIS MEAL WITH...  
DAVE'S RECIPE BOX

# CRISPY LAMB KOFTAS WITH GIANT COUSCOUS SALAD, ROASTED PUMPKIN & TZATZIKI



PREP  
**15 min**



COOK  
**40 min**



SERVES  
**4**

## INGREDIENTS:

- > 500g Lamb Mince
- > 1 ½ Cups Israeli Couscous
- > 200g Tzatziki
- > 75g Mixed Nuts
- > ¼ Pumpkin
- > 1 Red Onion
- > ½ Mint Bunch
- > ½ Coriander Bunch
- > 1 Lemon

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > 1 Tbsp Caramelised Balsamic
- > ½ Tbsp Cumin

# METHOD - GET COOKING!



1

**Preheat** the oven to 220°C.

**Bring** a large pot of salted water to the boil, once boiling, **cook** the **couscous** for 7 minutes, **drain and refresh** under cold water until it's room temperature.

2

**Meanwhile, clean** the skin of the **pumpkin** using a wet cloth, **remove** the **seeds**, **cut** it **in half** and **then into wedges**, using as much pumpkin as you desire for the dish.

**Place** the **pumpkin** on a lined **baking tray**. **Peel and cut** the **onion** into 1cm **wedges** and **add** to the **tray with the pumpkin**. **Drizzle** **olive oil** and 1 Tbsp of **caramelised balsamic**, **put into the oven and cook** for 30 minutes.

3

**Wash, pick and finely chop** the **coriander** and the **mint**. **Add** half of the **herbs** to the **couscous** salad, **zest** the **lemon** into the **salad** and **drizzle** with **olive oil**. **Season** with salt and pepper, **toss well** and **set aside**.

4

**Place** the **lamb mince** into a **mixing bowl**, **add** ½ a cup of the **cooked couscous**, ½ a Tbsp of **cumin**. **Add** ½ of the **chopped herbs** to the mince and **season** with salt and pepper.

**Mix well** and **press firmly** with your hands to **form** approximately 40g **oval shaped patties**, like when making meatballs. **Repeat** this **process** until **all the mixture is finished** and set aside.

**In a large frying pan** on a medium high heat, **drizzle** a generous amount of **olive oil** and **sear** the **lamb koftas** for approximately 2 minutes on **each side**

4

**Serve koftas** with herbed **couscous** salad, **tzatziki**, roasted **pumpkin**, a sprinkle of **mixed nuts** and a **squeeze of lemon juice**.

## ABOUT YOUR LEFTOVER INGREDIENTS...

- Use left over uncooked cous cous in another roasted vegetable salad.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



## FEEDBACK OR QUESTIONS?

Shoot us an email at:  
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