



READY TO COOK
BY HARRIS FARM

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

LAMB & BEEF KOFTAS WITH QUINOA SALAD AND BUSH HONEY YOGHURT



PREP
10 min



COOK
25 min



SERVES
4

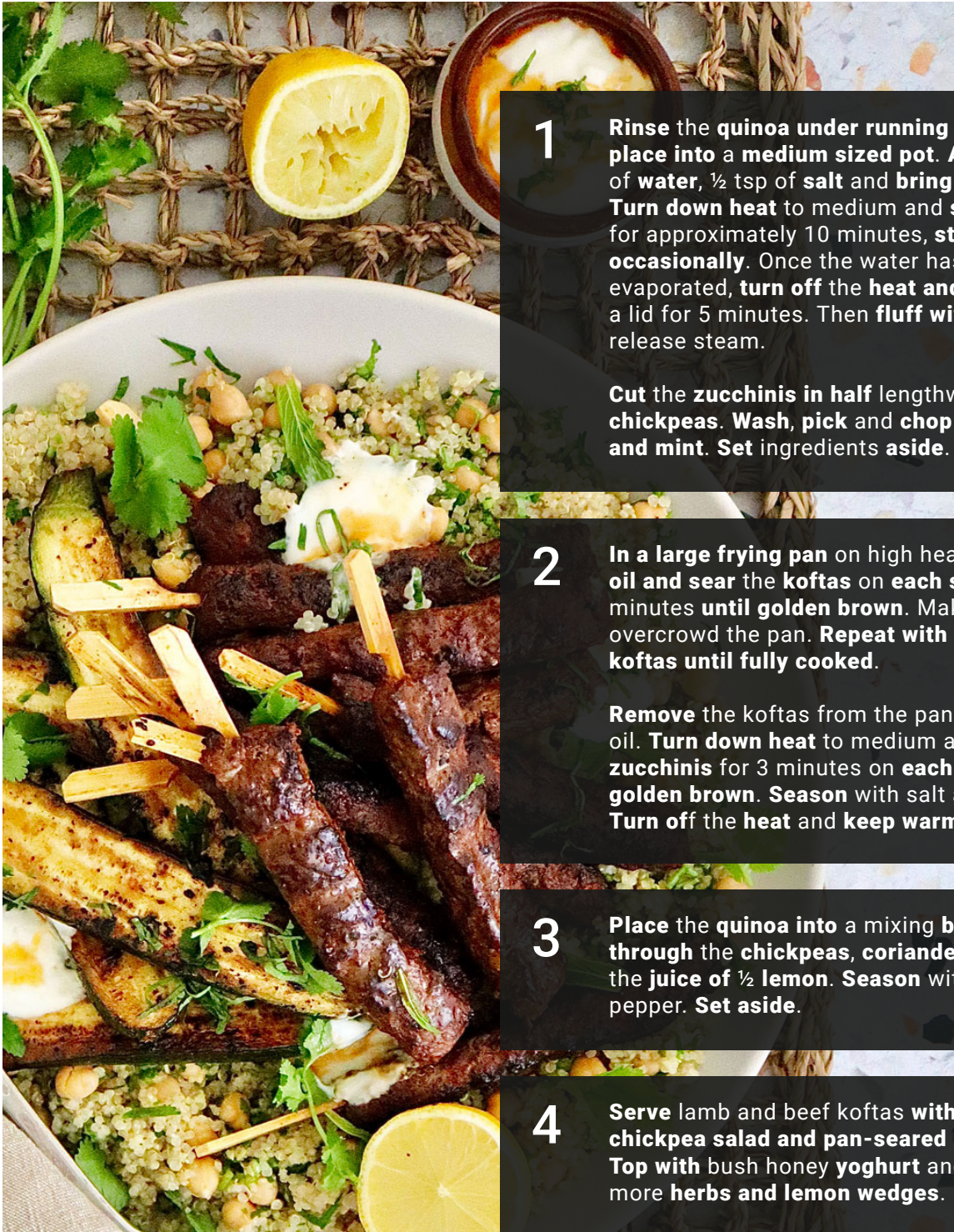
INGREDIENTS:

- > 1 Cup White Quinoa
- > 400g Chickpeas
- > 3 Zucchini
- > ¼ Coriander Bunch
- > ¼ Mint Bunch
- > 2 Packets Organic Lamb and Beef Koftas
- > 1 Lemon
- > 250g Bush Honey Yoghurt

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1 Rinse the **quinoa** under running water, then **place into** a medium sized pot. Add 2 cups of **water**, ½ tsp of **salt** and **bring to the boil**. **Turn down heat** to medium and **simmer** for approximately 10 minutes, **stirring occasionally**. Once the water has fully evaporated, **turn off the heat and cover** with a lid for 5 minutes. Then **fluff with a fork** to release steam.

Cut the zucchinis in half lengthways. **Drain the chickpeas**. **Wash, pick and chop the coriander and mint**. **Set ingredients aside**.

2 In a large frying pan on high heat, **drizzle olive oil** and **sear the koftas on each side** for 2-3 minutes **until golden brown**. Make sure to not overcrowd the pan. **Repeat with the rest of the koftas until fully cooked**.

Remove the koftas from the pan, leaving the oil. **Turn down heat** to medium and **cook the zucchinis** for 3 minutes on **each side until golden brown**. **Season** with salt and pepper. **Turn off the heat** and **keep warm** in the pan.

3 Place the **quinoa** into a mixing bowl and **mix through** the **chickpeas, coriander, mint,** and the **juice of ½ lemon**. **Season** with salt and pepper. **Set aside**.

4 **Serve** lamb and beef koftas **with the quinoa-chickpea salad and pan-seared zucchinis**. **Top with bush honey yoghurt** and **garnish with more herbs and lemon wedges**.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Fluffing with a fork helps to prevent the quinoa from cooking further.

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



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au