

GEORGIE & TOM'S

EATING WELL MADE EASY



Lamb Kofta & Persian Rice

LAMB & CARROT KOFTA WITH SPICED FRUITED PERSIAN RICE, ARUGULA AND TAHINI YOGURT DRESSING

★★★★☆ 4.7

41 reviews

Microwave
6 minutes

Shelf-life: Day of delivery plus 5 days

710 calories per person
Serves 2

Mediterranean, Gluten Free, Soy Free, High in fibre

Dairy Free without pot of tahini yoghurt dressing

Suitable for home freezing with the exception of arugula, pickle & tahini yoghurt dressing

HOW TO COOK

1. Remove film from **wooden tray**, microwave on full power for 6 to 7 minutes or until piping hot
2. Serve with **arugula, pickled vegetables, and tahini yogurt**

INGREDIENTS

Ground Lamb (All natural USDA approved from Colorado United States), Basmati rice, Carrot, Yoghurt, Cauliflower, Chickpeas, Arugula, Vinegar, cider, Tahini paste, Red cabbage, Radish, Sugar, Lemon juice, Apricots dried, Dates, Raisins, Shallot, Harissa paste, Olive Canola oil blend, Red Onion whole, Honey, Parsley, Garlic, Chicken Base (Roasted and cooked chicken, salt, sugar, chicken fat, corn starch, hydrolyzed corn protein, autolyzed yeast extract, potassium chloride, maltodextrin, chicken broth, natural flavours, chicken flavour, disodium guanylate, disodium inosinate, turmeric, gum arabic, lactic acid), Red chili, Tomato puree, Cilantro, Coriander ground, Cumin, Salt, Agave syrup, Onion, Turmeric, Cinnamon, Cumin seeds, Fennel seeds, Cardamom -ground, Black pepper, Coriander seeds, Saffron

Allergens: Milk, Sesame

Contains celery

Dairy free if you don't serve with the tahini dressing

NUTRITION FACTS

Calories 710, Fat 34g, Saturated fat 11g, Carbohydrates 75g, Total sugars 26g, Protein 27g, Fibre 6g, Sodium 920mg