



Lamb Patties and Cauliflower Tabouleh

with Cucumber Tzatziki

PRONTO

35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Ground Lamb



Cauliflower, florets



Parsley



Cherry Tomatoes



Garlic



Lemon



Greek Yogurt



Mini Cucumber



Shawarma Spice



Bulgur Wheat



Vegetable Broth Concentrate

HELLO BULGUR

Bulgur has a light, nutty flavour and is commonly used in Middle Eastern cooking

START HERE

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Medium Bowl, Baking Sheet, Small Bowl, Box Grater, Zester, Garlic Press, Measuring Cups, Measuring Spoons, Medium Pot, Large Non-Stick Pan

Ingredients

| | 2 Person | 4 Person |
|-----------------------------|----------|----------|
| Ground Lamb | 250 g | 500 g |
| Cauliflower, florets | 285 g | 570 g |
| Parsley | 7 g | 14 g |
| Cherry Tomatoes | 113 g | 227 g |
| Garlic | 6 g | 12 g |
| Lemon | 1 | 2 |
| Greek Yogurt | 100 g | 200 g |
| Mini Cucumber | 66 g | 132 g |
| Shawarma Seasoning | 1 tbsp | 2 tbsp |
| Bulgur Wheat | ½ cup | 1 cup |
| Vegetable Broth Concentrate | 1 | 2 |
| Sugar* | ½ tsp | 1 tsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. ROAST CAULIFLOWER

Add **¾ cup water** (dbl for 4 ppl) and **broth concentrate** in a medium pot. Cover and bring to a boil over high heat. Cut **cauliflower** into bite-sized pieces. Toss **cauliflower** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in **middle** of oven, stirring halfway through cooking, until golden-brown, 23-25 min.



4. COOK PATTIES

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **patties**. Pan-fry, until golden-brown, 3-5 min. **** (TIP: Cook patties in 2 batches for 4 ppl, using 1 tbsp oil for each batch!)**



2. COOK BULGUR

While **cauliflower** roasts, add **bulgur** to the pot of **boiling water**. Remove pot from heat. Cover and let stand, until **bulgur** is tender and **liquid** is absorbed, 15-16 min.



5. MAKE TZATZIKI

While **patties** cook, halve the **tomatoes**. Zest, then juice **half the lemon**. Cut the remaining **lemon** into wedges. Grate the **cucumber** into a small bowl and add **yogurt**, **half the lemon zest** and **1/2 tsp sugar** (dbl for 4 ppl.) Season with **salt** and **pepper** and stir to combine. Roughly chop **parsley**.



3. MAKE PATTIES

While **bulgur** cooks, peel, then mince or grate **garlic**. Combine **lamb**, **garlic**, **¼ tsp salt** and **¼ tsp pepper** (dbl both for 4ppl) and **shawarma spice** in a medium bowl. Divide mixture into **6 equal portions** (12 portions for 4 ppl). Roll **each portion** into a ball, then flatten into **¼-inch thick patties**.



6. FINISH AND SERVE

When **bulgur** is done, fluff with a fork. Stir in **tomatoes**, **parsley**, **remaining lemon zest**, **lemon juice** and **2 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Divide the **bulgur** between plates. Top with the **cauliflower** and **lamb patties**. Dollop with **cucumber tzatziki** and squeeze over **lemon wedge**, if desired.

Dinner Solved!