

# Purple Carrot Cook

## LAMB KOFTAS WITH QUINOA AND BROAD BEANS

SERVES 2-3 / PREPARE 5 MINS / COOK 15 MINS

### Ingredients

400g	Lamb, minced		Refined rapeseed oil
1	Small onion, finely chopped	100g	Quinoa
1	Garlic clove, crushed	50g	Broadbeans (podded and shelled)
15 g	Fresh parsley, leaves picked	15	Fresh mint, leaves picked
1 tsp	Ground cinnamon	1 tbsp	Lemon juice
1 tsp	Ground allspice		Extra virgin olive oil

### Instructions

Pre-heat the oven 200C.

Mince the onion, with the garlic, parsley and spices a small food processor. Combine the minced lamb with the spices mixture in a bowl and shape into equal size balls about the size of a golf ball. The koftas can be refrigerated until cooking for up to one day.

Place the kofta on a lined baking tray, brush with some refined rapeseed oil and into the pre-heated oven for 10 min.

Rinse the quinoa under running cold water for a couple of minutes until the water comes through clear. Place the quinoa in a pan without water over a medium heat and dry, stirring every now and again. Then add water as per packet instructions. Let the quinoa boil for a minute or two, then simmer covered for another 10min or until cooked.

Steam the broadbeans for 3min until tender.

Mix the quinoa with the chopped mint, lemon juice and parsley. Place on a plate with the koftas on top.

Serve with the broadbeans scattered over the dish and some lemon wedges.



### Nutrifacts



**Lamb** contains PROTEIN needed for growth. Lamb is also high in zinc than can help support the immune system and selenium a mineral needed to boost antioxidant activity in the body and support thyroid function.

**Quinoa** is gluten-free so it is a great carbohydrate alternative to pasta or cous-cous for those with gluten sensitivities. Quinoa also contains good levels of complete protein and fibre to keep us regular.

**Onions** contain fibre to help intestinal transit and prebiotics which feed the beneficial bacterial in your gut.

**Broadbeans** are high in folic acid, necessary for red blood cell production and VITAMIN C, an antioxidant which helps support immunity. Broad beans are high in FIBRE that supports intestinal health and toxin elimination and a good source of vegetarian protein needed for growth.