



Lamb Kofta

with Bell Pepper Slaw and Tzatziki

Cumin, coriander, and cinnamon bring incredible fragrance to tonight's roasted lamb and beef kofta (we like to mix in a little beef to balance the lamb's earthy flavor). Tangy Greek yogurt does double-duty here, adding moisture to the kofta blend, and forming the creamy base for cucumber and lemon in our refreshing Greek *tzatziki* sauce. It's all served over perfectly chewy bulgur wheat to scoop up with every bite.

40–50 minutes

630 calories per serving

✦ Ingredients

- 2 Persian cucumbers
- 2 red bell peppers
- 1 herb mix
 - ¼ ounce cilantro
 - ¼ ounce mint
- 2 lemons
- 2 cloves garlic
- 1 spice mix
 - ½ teaspoon ground cumin
 - ½ teaspoon ground coriander
 - ½ teaspoon sweet paprika
 - ¼ teaspoon ground cinnamon
- 2 containers nonfat Greek yogurt
- 1½ pounds ground beef and lamb
- 1 cup bulgur wheat
- ¾ cup shredded red cabbage

🔪 You'll need

olive oil
kosher salt
black pepper
6" small pot
baking sheet
fine-mesh sieve

💡 Recipe tips

Be sure to read through the entire recipe before you begin cooking.

Bulgur's tiny grains slip through most colanders. If you don't have a fine-mesh sieve, remove the bulgur with a slotted spoon and transfer to a bowl.

Lemon juice adds zing to the tzatziki (and later, to the slaw), but it can be too tangy for some. Feel free to adjust as desired.

USDA recommends cooking ground beef and lamb to 160°F.



1. Prepare ingredients

Preheat oven to 425°F. Bring a small pot of water to a boil over high heat. Rinse all produce. Using the large holes of a box grater, grate **cucumber** into a medium bowl; alternatively, finely chop. Halve **bell peppers** lengthwise, discarding seeds and stems; cut into ¼-inch pieces. Roughly chop **cilantro** and **mint** leaves, discarding stems. Halve **lemons**. Mince **garlic**.



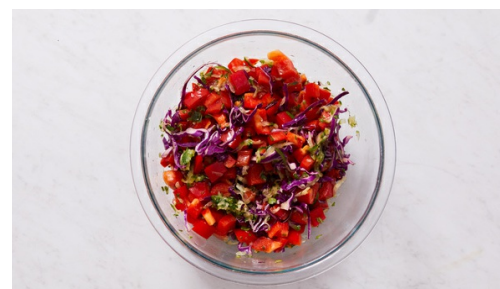
4. Make tzatziki

While bulgur cooks, place grated **cucumber** in paper towels or a clean kitchen towel and gently squeeze out any excess moisture (this ensures a creamy tzatziki). Return **half of drained cucumber** to bowl, reserving **remainder** for the next step. To bowl, add **juice of 1 lemon** (see recipe tip), **1 container Greek yogurt**, **½ teaspoon salt**, and **black pepper**. Stir to combine, then set aside (for cool contrast, feel free to chill until ready to serve).



2. Form and roast kofta

In a large bowl, combine **spice mix**, **¼ cup Greek yogurt**, **half of herbs**, **half of garlic**, **1 teaspoon salt**, and **black pepper** as desired. Pat **beef and lamb** dry with paper towel and add to bowl. Using your hands, mix well, then form into 12 equal patties, about ½ inch thick. Place on a baking sheet, spacing apart, and roast until browned and cooked through, 12–15 minutes.



5. Make bell pepper slaw

In a separate large bowl, whisk together **juice of remaining lemon**, **remaining garlic**, **3 tablespoons olive oil**, **¾ teaspoon salt**, and **black pepper** as desired. Add **cabbage**, **bell peppers**, **remaining cucumber**, and **remaining herbs** to bowl with dressing and toss to combine.



3. Cook bulgur

While kofta roast, season boiling water generously with **salt**. Stir in **bulgur** and cook until tender, about 10 minutes. Using a fine-mesh sieve, drain **bulgur** and return to pot, off heat (see recipe tip).



6. Plate lamb kofta

Divide **bulgur** among serving bowls and top with **bell pepper slaw** and **lamb kofta**. Dollop over **tzatziki** and dig in!