



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: CHICKPEA FLOUR

Chickpea flour, also known as besan flour is popular in Asian and Indian cuisine. It is high in protein, iron and fibre.



## 3. BEEF MEZZE SHARE PLATE

A festive share plate with spiced beef mince, mint and carrot salad, crispy chickpea flatbreads and beetroot dip.

 35 Minutes

 4 Servings

20 April 2020

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
62g	26g	51g

## FROM YOUR BOX

CHICKPEA FLOUR	1 packet (300g)
COOKED BEETROOT	1 tin
FETA CHEESE	1/2 packet *
BROWN ONION	1
GREEN CAPSICUM	1
BEEF MINCE	600g
CARROT	1
CHERRY TOMATOES	1 bag (200g)
MINT	1/2 bunch *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, cumin seeds (or ground cumin), ground cardamom, white wine vinegar, baking paper

## KEY UTENSILS

2 oven trays, stick mixer or food processor, frypan

## NOTES

The batter should be thickened before you pour onto the lined tray. You can also add other spices such as fennel seeds and garlic flakes on top before baking.

**No beef option - beef mince is replaced with chicken mince.**



### 1. PREPARE FLATBREAD

Set oven to 180°C. Whisk together chickpea flour and **1 1/2 cups water**. Set aside for 10 minutes (see notes).



### 2. MAKE THE BEETROOT DIP

Drain beetroots and blend with feta cheese, **1/2 tbsp vinegar** and **1 tbsp olive oil** using a stick mixer or small food processor. Season to taste with **salt and pepper**. Set aside.



### 3. COOK THE FLATBREADS

Line two oven trays with baking paper and drizzle with **oil** (to prevent sticking). Pour half the batter onto each tray (see notes). Use a spatula to spread out into a flatbread roughly 0.5cm thick. Sprinkle with **cumin seeds** and **salt**. Bake for 20-25 minutes until crisp around the edges.



### 4. COOK THE BEEF

Heat a frypan over medium-high heat with **1/2 tbsp oil**. Slice and add onion and capsicum. Add beef along with **1 tsp cumin seeds** and **2 tsp cardamom**. Cook for 8-10 minutes until cooked through. Season to taste with **salt and pepper**.



### 5. PREPARE THE SALAD

Meanwhile, julienne or grate carrot. Quarter cherry tomatoes and roughly chop mint leaves. Toss together with **1 tbsp vinegar** and **1 tbsp olive oil**.



### 6. FINISH AND PLATE

Break the flatbreads into pieces. Serve at the table with salad, beetroot dip and beef.