



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Chapatis

These chapatis are made fresh here in WA by Mughal foods. We recommend storing them in the fridge or freezer to retain optimum freshness.



## C2 Indian Beef Kofta Wraps with Raita

Beef kofta wraps with an Indian masala twist! Spiced koftas served in warm chapati bread with cucumber raita and fresh salad fillings.



20 minutes



2 servings



Beef

4 November 2022

## Switch the flavours!

*You can use ground cumin or curry powder to flavour the koftas instead of garam masala. Add some fresh mint or coriander if you have some. Stir some chutney or relish through the raita for a fun flavour!*

## FROM YOUR BOX

BEEF KOFTAS	300g
LEBANESE CUCUMBER	1
NATURAL YOGHURT	1 tub
CARROT	1
TOMATO	1
BABY COS LETTUCE	1
CHAPATIS	4-pack

## FROM YOUR PANTRY

oil for cooking, salt, pepper, garam masala, red wine vinegar, 1 garlic clove

## KEY UTENSILS

large frypan

## NOTES

You can add a whole crushed garlic clove to the raita if you prefer a stronger flavour.

Keep the chapatis warm in a clean tea towel until ready to serve.

**No gluten option – chapatis are replaced with gluten-free wraps.**



### 1. COOK THE KOFTAS

Reshape koftas and coat with **1 tsp garam masala, oil, salt and pepper**. Cook in a frypan over medium-high heat, turning, for 8-10 minutes or until cooked through.



### 2. MAKE THE RAITA

Meanwhile, grate cucumber and squeeze out excess liquid. Combine with yoghurt, **1/2 crushed garlic clove, salt and pepper** (see notes). Set aside.



### 3. PREPARE THE FILLINGS

Julienne carrot, slice tomato and thinly shred lettuce. Set aside.



### 4. WARM THE CHAPATIS

Wipe out frypan and reheat over medium-high heat. Warm the chapatis for 30 seconds each side (see notes).



### 5. FINISH AND SERVE

Slice koftas (optional) and serve with warm wraps, fillings and raita at the table for everyone to assemble.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

