



**Product Spotlight:
Pita Pockets**

These delicious pita pockets are baked fresh and without preservatives. Store them in the fridge or freezer until you need them (they defrost very quickly) to ensure they stay fresh.




Middle Eastern Beef Kofta Share Plate

Middle Eastern beef koftas with a lemon and white bean hummus, tomato and parsley salad, served with toasted pita bread for dipping (or stuffing!).

 20 minutes

 2 servings

 Beef

13 January 2023

Spice it up!

*Do you have any dukkah in your pantry?
You can sprinkle some on top of the bean dip or use it to garnish the salad!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	50g	21g	80g

FROM YOUR BOX

BEEF KOFTAS	300g
TINNED CANNELLINI BEANS	400g
LEMON	1
TOMATOES	2
LEBANESE CUCUMBER	1
SHALLOT	1
PARSLEY	1 packet
LEBANESE PITA POCKETS	5-pack

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, 1/2 garlic clove

KEY UTENSILS

BBQ or griddle pan, stick mixer or small food processor

NOTES

You can use ground coriander instead of cumin if preferred.

If your shallot is quite large you can use it to taste. To take the sharpness out of the raw shallot, you can rest the sliced shallot in some vinegar first. Toss through the salad before serving.

No gluten option – pita pockets are replaced with GF flatbread. Slice the flatbread and coat all sides with oil. Toast each side on the BBQ or griddle pan until golden.



1. COOK THE BEEF KOFTAS

Heat a BBQ or griddle pan over medium-high heat. Reshape koftas (if needed) and coat with **2 tsp cumin, oil, salt and pepper** (see notes). Cook for 10-12 minutes, turning, until cooked through. Keep pan on heat (see step 4).



2. MAKE THE BEAN DIP

Using a stick mixer, blend drained beans with zest and juice from 1/2 lemon (wedge remaining), **1/2 crushed garlic clove, 1 tbsp olive oil, salt and pepper** until smooth. Set aside in fridge until serving.



3. PREPARE THE SALAD

Dice tomatoes and slice cucumber into crescents. Slice shallot (see notes) and chop parsley. Toss together with **1/2 tbsp olive oil, salt and pepper**.



4. WARM THE BREADS

Rub both sides of the pita pockets with **olive oil**. Toast for 30 seconds each side on the BBQ or griddle pan until golden.



5. FINISH AND SERVE

Arrange koftas, bean dip and salad on a large platter with toasted pita breads.

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**

