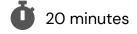






# Middle Eastern Beef Kofta Share Plate

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





4 servings



Beef

# 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!

er serve: PROTEIN TOTAL FAT CARBOHYDRATES
43g 17g 54g

#### FROM YOUR BOX

BEEF KOFTAS	600g
TINNED CANNELLINI BEANS	400g
LEMON	1
TOMATOES	3
LEBANESE CUCUMBERS	2
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 mediumhigh 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 cucumbers into crescents. Slice shallot (see notes) and chop parsley. Toss together with 1 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.



