




Product Spotlight: Dukkah


Dukkah is traditionally an Egyptian condiment consisting of a mixture of herbs, nuts, and spices.



Beef Kofta Skewers with Turkish Bread & Roast Dutch Carrots

A colourful share plate with beef kofta skewers, roast Dutch carrots, beetroot, toasty Turkish bread and a dukkah yoghurt sauce.

 30 minutes

 2 servings

 Beef

Switch it up!

You can transform this dish into kofta rolls! Fill the Turkish bread with koftas, roast beetroot, sliced cucumber, mint and yoghurt sauce. Serve with roast carrots on the side.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	31g	60g

FROM YOUR BOX

DUTCH CARROTS	1 bunch
BEETROOT	1
BEEF KOFTAS	300g
LEBANESE CUCUMBER	1
MINT	1 packet
DUKKAH	1 packet
NATURAL YOGHURT	1 tub
TURKISH BREAD ROLLS	2-pack

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, ground cumin, ground paprika, skewers (optional)

KEY UTENSILS

2 oven trays

NOTES

Toss the vegetables separately on the tray to avoid the beetroot staining.

If you don't have skewers you can still shape the koftas into a longer shape and bake as per step 2. You could also cook them on a grill pan if preferred.

No gluten option - Turkish bread is replaced with gluten-free Turkish rolls.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Trim and scrub carrots. Slice beetroot. Toss on a lined oven tray with **1-2 tsp cumin, oil, salt and pepper** (see notes). Roast in oven for 20 minutes until cooked through.



2. BAKE THE KOFTAS

Insert **skewers** into koftas and use hands to shape along the stick (optional). Coat with **1 tsp paprika, oil, salt and pepper**. Bake on a lined oven tray for 15 minutes until cooked through (see notes).



3. MAKE THE MINT SALSA

Dice cucumber and roughly chop mint. Toss together with **1/2 tbsp vinegar, 1 tbsp olive oil, salt and pepper**. Set aside.



4. PREPARE THE YOGHURT

Combine dukkah with yoghurt, **1 tbsp olive oil, salt and pepper**. Set aside.



5. TOAST THE BREAD

Toast Turkish bread rolls in oven for 5 minutes until crunchy.



6. FINISH AND SERVE

Slice Turkish rolls. Arrange on a serving platter with koftas, roast vegetables, mint salsa and yoghurt for dipping.

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**

