



Product Spotlight: Parsley


If the parsley wilts, trim the lower stems and place bunch in a glass of cold water. Loosely cover leaves with a plastic bag and place in the fridge.




Beef Koftas in Capsicum Sauce

with Pearl Couscous

Flavourful beef koftas, pan fried and tossed in a secret veggie capsicum sauce, served over pearl couscous with a sprinkling of fresh parsley leaves.

 30 minutes

 2 servings

 Beef

Spice it up!

Add a pinch of dried chilli flakes to the sauce to spice it up, or sprinkle over the dish to garnish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	22g	53g

FROM YOUR BOX

PEARL COUSCOUS	150g
BEEF MINCE	300g
BROWN ONION	1
GARLIC CLOVE	1
ZUCCHINI	1
LEMON	1
ROASTED PEPPERS	1 jar
CHERRY TOMATOES	200g
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, ground cumin, ground paprika, salt, pepper

KEY UTENSILS

large frypan, saucepan, stick mixer

NOTES

We recommend blending the sauce to appease fussy eaters. You can blend the capsicums and stir through remaining ingredients, or leave as is.

No gluten option - couscous is replaced with GF pasta. Cook according to packet instructions or until al dente.



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1. COOK THE COUSCOUS

Bring a saucepan with water to a boil. Add **pearl couscous** and cook for 8 minutes or until tender but still firm. Drain and rinse in cold water.



2. BROWN THE KOFTAS

Season **beef** with **salt and pepper**. Form into **4 koftas**. Heat a large frypan with **oil** over medium-high heat. Add **koftas** and cook for 4-6 minutes until browned all over. Remove to a plate and keep pan over heat. See step 3.



3. COOK THE VEGETABLES

While **koftas** cook, slice **onion**, crush **garlic** and grate **zucchini**. Add to pan with extra **oil** and sauté for 3 minutes. Add **1 1/2 tsp cumin**, **1 1/2 tsp paprika** and cook for further 1 minute.



4. BLEND THE SAUCE

Add **lemon zest** and **juice** from **1/2 lemon**, drained **peppers**, **salt and pepper** to **sauce**. Use a stick mixer to blend to smooth consistency (see notes).



5. TOSS KOFTAS IN SAUCE

Halve **cherry tomatoes**. Add to pan along with **3/4 cup water** and **sauce**. Cook for further 5 minutes. Season to taste **salt and pepper**.



6. FINISH AND SERVE

Finely chop **parsley**, including any tender stems. Wedge **remaining lemon**.

Divide **couscous**, **sauce** and **koftas** among shallow bowls. Garnish with **parsley** and serve with **lemon wedges**.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

