



### Product Spotlight: Feta Cheese

Traditionally feta is made from sheep milk, although it can be made from sheep, goat or cow milk, or any combination of the three.



## Feta Beef Koftas

### with Turkish Bread Dippers

Juicy beef koftas gently spiced with a Ras el Hanout blend, simmered in a rich tomato stew, and served with warm Turkish bread. A vibrant Middle Eastern-inspired meal perfect for sharing.



35 minutes



2 servings



Beef

## Switch it up!

*Slice the bread open and top with cooked beef mince with spice and onion. Add diced capsicum and crumbled feta cheese before baking in the oven to make Turkish pizzas. Serve with carrot sticks on the side.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	45g	66g

## FROM YOUR BOX

PARSLEY	1 packet
GARLIC CLOVE	1
BEEF MINCE	300g
BROWN ONION	1
RED CAPSICUM	1
CARROT	1
RAS EL HANOUT SPICE MIX	1 packet
TINNED CHOPPED TOMATOES	400g
TURKISH ROLLS	2-pack
FETA CHEESE	200g

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan with lid

## NOTES

Add more oil to pan if needed. This will prevent the spice from burning in the pan.

**No gluten option** – Turkish loaf is replaced with gluten free Turkish rolls.

*Ras El Hanout Spice mix: ground cumin, coriander, paprika, turmeric, allspice and coconut sugar.*



### 1. PREPARE THE KOFTAS

Finely chop **parsley stems** (reserve leaves for garnish) and **garlic**. Combine with **beef mince**, **salt**, and **pepper**. Form into 1 tbsp size kofta shapes.



### 2. BROWN THE KOFTAS

Heat a large pan over medium-high heat with **oil**. Cook **koftas** for 5 minutes, turning until sealed on all sides. Remove to a plate.



### 3. SAUTÉ THE VEGETABLES

Slice **onion**, **capsicum**, and **carrot**. Add to pan as you go, along with **ras el hanout spice** and sauté for 5 minutes until softened and fragrant (see notes).



### 4. SIMMER THE STEW

Pour in **chopped tomatoes** and **1/2 cup water**. Cover, and simmer for 8 minutes. Return **koftas** to pan and crumble over **feta** (use to taste). Cover and simmer for 5 more minutes.



### 5. TOAST THE BREAD

Warm **Turkish rolls** in oven or sandwich press until golden and crisp. Slice to serve.



### 6. FINISH AND SERVE

Garnish **koftas** with **parsley** (chop if preferred) and serve with **Turkish bread** for dipping.



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