



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



4/6 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
4/6 Person:	42g	21g	49g

FROM YOUR BOX

	4 PERSON	6 PERSON
PEARL COUSCOUS	300g	300g + 150g
BEEF MINCE	600g	600g + 300g
BROWN ONION	1	1
GARLIC CLOVES	2	3
ZUCCHINI	1	2
LEMON	1	2
ROASTED PEPPERS	1 jar	2 jars
CHERRY TOMATOES	2 x 200g	3 x 200g
PARSLEY	1 packet	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.



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 **8 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.

6P – form 12 koftas



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 **2–3 tsp cumin**, **2–3 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).

6P – add **lemon zest and juice from 1 lemon**, **drained peppers**, **salt and pepper** to sauce.



5. TOSS KOFTAS IN SAUCE

Halve **cherry tomatoes**. Add to pan along with **1 cup water** and **sauce**. Cook for further 5 minutes. Season to taste **salt and pepper**.

6P – add **1 1/4 cup water and sauce** to pan.



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**.



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