



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Chickpeas

Chickpeas are incredibly versatile! Toss them in salads, roast them in the oven to make them crunchy, mash and use in veggie patties, or – like in this recipe – use them to make hummus!



2 Pita Pockets

with Hummus and Beef Koftas

This is a guaranteed family favourite. Perth-made pita pockets, tender WA beef koftas, crunchy salad and a homemade hummus to die for!

Skip the koftas

Instead of making kofta mix and shaping them, you can cook the mince as-is to save time. Brown the mince in a frypan, then add diced onion, BBQ sauce, rosemary, salt and pepper. Spoon into pitas.

⌚ 30 minutes

🍴 2 servings

🥩 Beef

FROM YOUR BOX

CHICKPEAS	400g
LEMON	1
GARLIC CLOVE	1
RED ONION	1/2 *
BEEF MINCE	300g
BBQ SAUCE	1 tbsp *
LEBANESE CUCUMBER	1
RED CAPSICUM	1/2 *
BABY SPINACH	1/2 bag (60g) *
PITA BREADS	1 packet

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, dried rosemary

KEY UTENSILS

large fry/grill pan, stick mixer or small processor

NOTES

If you have tahini at home, add 1 tbsp to the hummus for extra flavour.

If the pita pockets are too large for small hands, cut them in half before filling.

No beef option - beef mince is replaced with chicken schnitzels. Rub chicken with oil, rosemary, 1 crushed garlic clove, salt and pepper. Cook in pan with sliced onion. Slice to serve.

No gluten option - pita breads are replaced with GF wraps.



1. MAKE THE HUMMUS

Set oven to 180°C (optional, see step 5).

Drain chickpeas and place into a jug with 1 tsp lemon zest and juice from 1/2 lemon (wedge remaining), crushed garlic and **1 tbsp olive oil** (see notes). Use a stick mixer to blend into a smooth hummus. Season with **salt and pepper**.



2. MAKE THE KOFTAS

Finely dice **1/4 onion**, mix with the mince in a bowl with BBQ sauce, **1/2 tsp rosemary, salt and pepper**. Form into approximately 6 oval koftas, using **1/4 cup measure**.



3. COOK THE KOFTAS

Heat a fry/grill pan over high heat. Rub the koftas with **oil** and cook for 4-5 minutes each side or until cooked through.



4. PREPARE THE SALAD

Slice cucumber, capsicum and **1/4 onion**. Place on a plate with chopped spinach.



5. WARM THE PITA BREADS

Wrap pita breads in baking paper or foil and heat in the oven for a couple of minutes (optional).



6. FINISH AND PLATE

Open pita breads (see notes), spread with hummus, then fill with koftas and salad. Squeeze over lemon.

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**

