



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Cannellini Beans


Cannellini beans contain a specific antioxidant called ferulic acid, which is proven to help protect skin by preventing sun damage!



3 Beef Koftas with Creamy White Bean Dip

Oven baked koftas and potato discs with a crisp garden style salad and homemade white bean dip.

 30 minutes

 2 servings

 Beef

10 December 2021

Short on time!

Skip making the white bean dip and either rinse the beans and add to the tray with potatoes, or simply toss them through the salad. Make a dressing with lemon juice, olive oil, garlic, salt and pepper.

FROM YOUR BOX

| | |
|------------------------|------|
| POTATOES | 2 |
| BEEF KOFTAS | 300g |
| TINNED CANNELINI BEANS | 400g |
| LEMON | 1 |
| BABY COS LETTUCE | 1 |
| TOMATO | 1 |
| GREEN CAPSICUM | 1 |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, red wine vinegar, garlic (1 clove)

KEY UTENSILS

oven tray x 2, stick blender

NOTES

Koftas can also be cooked on the barbecue or in a frypan.

Save on trays and add the koftas to the tray with the potatoes if there is room.

If you don't have a stick mixer, mash the white beans with a fork and mix together with remaining ingredients.

No beef option – beef koftas are replaced with chicken sausages. Cook in a frypan over medium-high heat with oil.



1. COOK THE POTATOES

Set oven to 220°C

Thinly slice potatoes and toss on a lined oven tray with **1/2 tsp cumin, oil, salt and pepper**. Cook for 20–25 minutes until golden and crunchy.



2. COOK THE KOFTAS

Re-shape koftas and rub with **oil, salt and pepper**. Place on a 2nd lined oven tray and cook in the oven for 15–20 minutes or until cooked through (see notes).



3. MAKE THE DIP

Drain cannellini beans and place into a jug with 1 tsp zest and juice from 1/2 lemon. Add **crushed garlic, 1 tsp cumin, 1 tbsp oil, and 1 tbsp water**. Use a stick mixer and blend together to a smooth consistency. Season to taste with **salt and pepper** (see notes).



4. MAKE THE SALAD

Wash and tear the lettuce, arrange on a plate. Slice tomato and capsicum. Arrange over lettuce and drizzle with **olive oil and vinegar**. Season with **salt and pepper**.



5. FINISH AND SERVE

Wedge remaining lemon.

Serve koftas, potatoes and salad onto plates with dip and a lemon wedge.

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**

