



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Tomato

This fruit (it's not a vegetable!) is so versatile there are countless ways to use it. But in this recipe, it's kept fresh, sliced, so you can enjoy its delicate flavour as-is.



## 3 Pita Pockets

### with Beef Koftas and White Bean Dip

Prepare for an explosion of flavours like cumin, garlic, parsley and turmeric. Fresh Perth-made pita pockets with free-range beef koftas, a creamy homemade bean dip and fresh greens.

 25 minutes

 2 servings

 Beef

11 January 2021

## In a hurry?

*Skip shaping the koftas and simply cook the mince in a frypan, breaking up lumps as you go. You can add turmeric, crushed garlic and cumin to the pan. Drain the beans to add straight to the pitas, or add to the frypan with the mince to heat.*

## FROM YOUR BOX

PARSLEY	1/3 bunch *
BEEF MINCE	300g
WHITE BEANS	400g
GARLIC CLOVE	1
LEMON	1/2 *
BABY COS LETTUCE	1
TOMATO	1
BALSAMIC BEETROOT	1 packet
PITA POCKETS	5-pack

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil (for cooking), salt, pepper, ground cumin, turmeric

## KEY UTENSILS

frypan, stick mixer or small food processor

## NOTES

Instead of blending the dip, you can simply mash it roughly using a fork or potato masher.

Heat the pita breads in the frypan or sandwich press before serving if preferred.

**No beef option - beef mince is replaced with chicken mince.** Make as per recipe but use a spoon to place mixture straight into the pan with a little oil.

**No gluten option - pita breads are replaced with gluten-free wraps.**



### 1. MAKE THE KOFTAS

Finely chop half the parsley. Place into a bowl with beef mince, **1/2 tsp turmeric**, **1/2 tsp cumin**, **salt and pepper**. Mix well and shape into around 6 koftas.



### 2. MAKE THE DIP

Drain white beans and place into a jug with crushed garlic, lemon juice, **1/2 tsp cumin**, **3 tsp oil**, **salt and pepper**. Blend to a smooth consistency (see notes) and place into a serving bowl.



### 3. COOK THE KOFTAS

Heat a frypan over medium-high heat. Add koftas and cook for 6-8 minutes, turning until cooked through.



### 4. PREPARE THE SALAD

Roughly chop lettuce and place onto a serving platter with sliced tomato and beetroots. Roughly chop remaining parsley.



### 5. FINISH AND PLATE

Place koftas on a serving plate and take to the table with salad, dip and halved pita breads (see notes).

**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**

