



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!

 30 minutes

 4 servings

 Beef

21 September 2020

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.

FROM YOUR BOX

CHICKPEAS	400g
LEMON	1
GARLIC CLOVE	1
RED ONION	1/2 *
BEEF MINCE	600g
BBQ SAUCE	2 tbsp *
CONTINENTAL CUCUMBER	1
RED CAPSICUM	1
ALFALFA SPROUTS	1/2 punnet *
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 onion, mix with the mince in a bowl with BBQ sauce, **1 tsp rosemary, salt and pepper**. Form into approximately 12 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 and capsicum. Place on a plate with the sprouts.



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.

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