



Product Spotlight: Ricotta Cheese

The ancient Latin word 'recocta' means re-cooked. And that's how ricotta got its name, because it is - you guessed it - cooked twice.



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

 4 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. Serve ricotta as a sauce as-is or mix with chopped parsley first.

FROM YOUR BOX

RED ONION	1/4 *
PARSLEY	1/3 bunch *
BEEF MINCE	600g
WHITE BEANS	400g
RICOTTA CHEESE	1/2 tub *
GARLIC CLOVE	1
LEMON	1/2 *
MESCLUN LEAVES	1/2 bag (100g) *
TOMATOES	2
BALSAMIC BEETROOT	1 packet
PITA POCKETS	5-pack

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil (for cooking), salt, pepper, 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 the red onion and half the parsley. Place into a bowl with beef mince, **1 tsp turmeric, 1 tsp cumin, salt and pepper**. Mix well and shape into around 12 koftas.



2. MAKE THE DIP

Drain white beans and place into a jug with ricotta, crushed garlic, lemon juice, **1 tsp cumin, 1 tbsp 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

Place mixed leaves onto a serving platter with sliced tomatoes and beetroots. Roughly chop remaining parsley.



5. FINISH AND PLATE

Place koftas on a serving plate and take to the table with the salad, dip and halved pitta 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

