



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Butternut Pumpkin


Just 1/2 cup of cooked pumpkin provides 100% RDI of vitamin A. This particular vitamin assists with healthy vision, good skin and strong bones!



## G2 Beef Kebabs with Tabbouleh and Roast Pumpkin

Homemade sumac and lemon zest beef kebabs served with roasted pumpkin and cherry tomatoes, cucumber and mint tabbouleh and dipping sauce.

 30 minutes

 2 servings

 Beef

19 August 2022

## Switch it up!

*If you don't have sumac, you can use ground coriander, lemon pepper or za'atar instead.*

Per serve: **PROTEIN** 37g **TOTAL FAT** 22g **CARBOHYDRATES** 51g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
TOMATO	1
SHALLOT	1
LEMON	1
BEEF MINCE	300g
LEBANESE CUCUMBER	1
MINT	1 packet (60g)
RED PESTO	50g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, cumin seeds, sumac, skewers

## KEY UTENSILS

large frypan, oven tray

## NOTES

You don't have to use skewers to make these kebabs. You can shape them into koftas or meatballs then cook following instructions.

You can use a griddle pan or the BBQ to cook your kebabs.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice pumpkin (use to taste) and tomato. Toss on a lined oven tray along with **oil**, **1 tbsp sumac**, **2 tsp cumin seeds**, **salt and pepper**. Roast for 15-20 minutes until vegetables are tender.



### 2. MAKE THE KEBABS

Grate or finely dice shallot. Zest lemon to yield 2 tsp. Add to a large bowl along with beef mince, **2 tsp sumac**, **salt and pepper**. Mix to combine. Shape onto 4 skewers (see notes) to make kebabs.



### 3. COOK THE KEBABS

Heat a large frypan (see notes) over medium-high heat with **oil**. Add kebabs and cook for 3-4 minutes each side until cooked through.



### 4. MAKE THE TABBOULEH

Dice cucumber and roughly chop mint leaves. Add to a bowl along with juice from 1/2 lemon. Toss to combine.



### 5. MAKE THE DIPPING SAUCE

Add red pesto to a bowl along with juice from remaining lemon. Mix well to combine.



### 6. FINISH AND SERVE

Divide roasted veg among plates along with kebabs. Top with tabbouleh and serve with dipping sauce.

**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**

