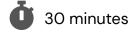




Beef Kebabs with Tabbouleh

and Roast Pumpkin

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





2 servings



Switch it up!

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

PROTEIN TOTAL FAT CARBOHYDRATES

37g 22g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
ТОМАТО	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.



