



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!



G4 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

 4 servings

 Beef

19 August 2022

Switch it up!

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

Per serve: **PROTEIN** **TOTAL FAT** **CARBOHYDRATES**
0g 0g 0g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
CHERRY TOMATOES	200g
SHALLOT	1
LEMON	1
BEEF MINCE	600g
LEBANESE CUCUMBERS	2
MINT	1 packet (60g)
RED PESTO	2 x 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. Toss on a lined oven tray along with cherry tomatoes, **oil, 2 tbsp sumac, 1 tbsp cumin seeds, salt and pepper**. Roast for 15–20 minutes until vegetables are tender.



4. MAKE THE TABBOULEH

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



2. MAKE THE KEBABS

Grate or finely dice shallot. Zest lemon. Add to a large bowl along with beef mince, **1 tbsp sumac, salt and pepper**. Mix to combine. Shape onto 8 skewers (see notes) to make kebabs.



5. MAKE THE DIPPING SAUCE

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



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.



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

