



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!



Beef Kebabs with Tabbouleh and Roast Pumpkin

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



30 minutes



2 servings



Beef

Switch it up!

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

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 40g | 26g | 52g |

FROM YOUR BOX

| | |
|-------------------|----------|
| BUTTERNUT PUMPKIN | 1 |
| TOMATO | 1 |
| ZA'ATAR SPICE | 1 packet |
| SHALLOT | 1 |
| LEMON | 1 |
| BEEF MINCE | 300g |
| LEBANESE CUCUMBER | 1 |
| MINT | 1 packet |
| RED PESTO | 1 jar |

FROM YOUR PANTRY

oil for cooking, salt, pepper, skewers

KEY UTENSILS

large frypan or griddle pan, oven tray

NOTES

You can cook your kebabs on the BBQ to cook.

Za'atar mix contains: sesame seeds, sumac, dried oregano, potato fibre, dried coriander, salt, canola oil, food acid.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice pumpkin (use to taste) and tomato. Toss on a lined oven tray along with 1/2 za'atar spice, **oil**, **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, remaining za'atar spice, **salt** and **pepper**. Mix to combine. Shape onto 4 skewers to make kebabs.



3. COOK THE KEBABS

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



4. MAKE THE TABBIOLEH

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 with juice from remaining 1/2 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.



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