

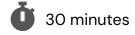




# **Beef Kebabs with Tabbouleh**

# and Roast Pumpkin

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





2 servings



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

#### **FROM YOUR BOX**

BUTTERNUT PUMPKIN	1
ТОМАТО	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

#### **KEY UTENSILS**

large frypan or griddle pan, oven tray, skewers

#### **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 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 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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