



Product Spotlight: Garlic

To make peeling garlic cloves easier, place them on a cutting board, press down on them gently with the flat side of a knife, and then the skin should come off more easily.



Beef Kefteades

with Sweet Potato Fries & Garlic Yoghurt

Flavour-packed Greek style beef meatballs served with sweet potato fries, garlic parsley yoghurt and a fresh tomato salsa.



40 minutes



2 servings



Beef

Switch it up!

You can make stuffed sweet potatoes if you prefer! Halve and bake sweet potatoes. Cook beef mince with aromatics, serve in potatoes with salsa and dollop over garlic yoghurt to taste.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	31g	58g

FROM YOUR BOX

SWEET POTATO	500g
BEEF MINCE	300g
SHALLOTS	2
PARSLEY	1 packet
GARLIC CLOVES	2
NATURAL YOGHURT	1 tub
LEBANESE CUCUMBER	1
TOMATOES	2

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground paprika, dried oregano, vinegar of choice, chilli flakes (optional)

KEY UTENSILS

oven tray x 2

NOTES

You can BBQ the meatballs if you prefer, or cook in a frypan! You can increase the heat in the oven by switching to the grill setting to ensure they brown.

You can cut the fresh vegetables chunky instead if you prefer.



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1. ROAST THE SWEET POTATO

Set oven to 220°C.

Cut sweet potatoes into fries (or wedges!). Toss on a lined oven tray with **oil, 1/2 tsp ground paprika, salt and pepper**. Roast for 25 minutes or until golden and crispy.



4. MIX THE YOGHURT

In the meantime, stir to combine yoghurt with chopped parsley from remaining packet, 1 crushed garlic clove, **1/2 tbsp olive oil, salt and pepper**. Sprinkle with **chilli flakes** (optional).



2. COMBINE THE BEEF MIX

Meanwhile, combine beef mince with 1 finely chopped shallot, 1/2 packet chopped parsley, 1 crushed garlic clove, 1/2 tsp oregano, 1/2 tsp paprika, salt, pepper, and 1/4 tsp chilli flakes (optional) in a bowl.



5. PREPARE THE FRESH SALSA

Dice cucumber and tomatoes, slice shallot (see notes). Toss in a bowl with **1 tbsp olive oil, 1 tbsp vinegar, salt and pepper**.



3. BAKE THE MEATBALLS

Coat your hands with some **oil**, and roll the meat into 6 oval meatballs, placing them on another lined oven tray. Bake on top of the sweet potato for 12 minutes, or until cooked through (see notes).



6. FINISH AND SERVE

Spread even amount of yoghurt sauce on to plates and top with sweet potato fries and meatballs. Serve with fresh salsa.

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