

**Product Spotlight:  
Pepita Seeds**

Pepita seeds are hulled seeds of a pumpkin, rich in iron, magnesium and protein.



## Beef Kofta Meatballs with Quinoa Tabbouleh

Lemon, cumin and shallot beef kofta meatballs served with a nutritious quinoa and mint tabbouleh finished with pepita seeds.



30 minutes



2 servings



Beef

## Make koftas!

*You can form the beef mince into koftas on skewers and cook on the barbecue if you prefer!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	32g	50g



## FROM YOUR BOX

WHITE QUINOA	100g
LEMON	1
TOMATOES	2
LEBANESE CUCUMBER	1
YELLOW CAPSICUM	1
MINT	1 bunch
SHALLOT	1
BEEF MINCE	300g
PEPITA SEEDS	40g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can use 1/2 shallot in the meatballs and add remaining into the tabbouleh if suitable.

Toast the pepita seeds in a dry frypan for 2-3 minutes if you prefer! Serve with a dollop of yoghurt if you like!



### 1. COOK THE QUINOA

Place **quinoa** in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10-15 minutes or until tender. Drain and rinse. Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.



### 2. MAKE THE DRESSING

Zest **lemon** to yield 1 tsp and set aside.

Whisk together juice from 1/2 lemon with **2 tbsp olive oil** in a serving bowl. Season with **salt and pepper**.



### 3. PREPARE THE FRESH SALAD

Finely dice **tomatoes**, **cucumber** and **capsicum**. Chop **mint leaves**. Toss into bowl with dressing.



### 4. COOK THE MEATBALLS

Finely dice **shallot** (see notes) and combine with **beef mince**, reserved lemon zest, **1/2 tsp cumin**, **salt and pepper**. Form tablespoonfuls of the mixture into meatballs. Cook in a frypan with **oil** over medium heat until just cooked through.



### 5. TOSS IT ALL TOGETHER

In the meantime, add drained quinoa to tabbouleh salad and toss to combine well. Adjust seasoning with **salt and pepper** if needed.



### 6. FINISH AND SERVE

Serve kofta meatballs with quinoa tabbouleh at the table. Top with **pepita seeds**.



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