



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** 46g **TOTAL FAT** 30g **CARBOHYDRATES** 54g

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!



Scan the QR code to submit a Google review!



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**. Cut any **remaining lemon** into wedges for serving.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

