



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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