DINNER TWIST
LOCAL, HEALTHY, DELIVERED

**Product Spotlight:
Butternut Pumpkin**

Just 1/2 cup of cooked pumpkin provides 100% RDI of vitamin A. This particular vitamin assists with healthy vision, good skin and strong bones!
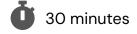
Beef Kebabs with Tabbouleh

and Roast Pumpkin

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

🕙 30 minutes   🍴 4 servings   🥩 Beef

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.

Per serve:

	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	17g	39g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
CHERRY TOMATOES	200g
ZA'ATAR SPICE	1 packet
SHALLOT	1
LEMON	1
BEEF MINCE	600g
LEBANESE CUCUMBERS	2
MINT	1 packet
RED PESTO	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, skewers

KEY UTENSILS

large frypan or griddle pan, oven tray

NOTES

You can cook your kebabs on the BBQ.

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 220ºC.

Dice pumpkin. Toss on a lined oven tray along with cherry tomatoes, 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. Add to a large bowl along with beef mince, remaining za'atar spice, **salt and pepper.** Mix to combine. Shape onto 8 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 cucumbers 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.