

**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



4 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
	33g	27g	43g

FROM YOUR BOX

WHITE QUINOA	200g
LEMON	1
TOMATOES	3
LEBANESE CUCUMBERS	2
YELLOW CAPSICUM	1
MINT	1 bunch
SHALLOT	1
BEEF MINCE	600g
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!



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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 2 tsp and set aside.

Whisk together lemon juice with **1/4 cup olive oil** in a serving bowl. Season with **salt and pepper**.



3. PREPARE THE FRESH SALAD

Finely dice **tomatoes**, **cucumbers** 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 tsp cumin**, **salt and pepper**. Form tablespoonfuls of the mixture into meatballs. Cook in a large 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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