



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



4/6 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
4/6 Person:	48g	29g/32g	55g/60g

FROM YOUR BOX

	4 PERSON	6 PERSON
WHITE QUINOA	200g	200g + 100g
LEMON	1	2
TOMATOES	3	4
LEBANESE CUCUMBERS	2	3
YELLOW CAPSICUM	1	2
MINT	1 bunch	1 bunch
SHALLOT	1	2
BEEF MINCE	600g	600g + 300g
PEPITA SEEDS	40g	2 x 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 I 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.



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 large frypan with **oil** over medium heat until just cooked through.



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**.

6P - zest lemon to yield 3 tsp and set aside. Whisk together lemon juice with 1/3 cup olive oil in a serving bowl.



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.



3. PREPARE THE FRESH SALAD

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



6. FINISH AND SERVE

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

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**

