



Beef Kebabs

with Sweet Potato

Juicy beef kofta skewers with roasted sweet potato rounds, red capsicum, and a crisp cucumber salad.



30 minutes



2 servings



Beef

FROM YOUR BOX

SWEET POTATO	400g
TOMATO	1
RED CAPSICUM	1
LEBANESE CUCUMBER	1
BEEF MINCE	300g
GARLIC CLOVE	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, skewers (optional)

NOTES

You can add more to the salad for extra serves. Feta cheese, sliced red onion, olives or crunchy croutons work well! Add any fresh chopped herbs such as parsley or basil if you have some in the garden.

You can make a quick dipping sauce for the kebabs using yoghurt and crushed garlic. Stir in a dried herb of choice.

For a more filling meal you can serve this dish with some flatbread or Turkish bread.

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1. ROAST THE SWEET POTATO

Set oven to 220°C. Slice **sweet potato** into rounds. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until golden and cooked through.

TIP *You could also make a sweet potato mash or cut the potatoes into wedges if preferred. The sweet potato can be cooked in an air fryer if you have one.*

2. PREPARE THE SALAD

Dice **tomato**. Slice **capsicum** and **cucumber**. Toss with **dressing of choice**.

TIP *You can dress the salad with 1/2 tbsp vinegar of choice whisked with 1 tbsp olive oil. Season with salt and pepper. Add 1/2 tsp dried herb if desired. We used 1/2 tbsp pre made Greek dressing.*

3. COOK THE KEBABS

Combine **beef mince** with **crushed garlic clove, seasoning of choice** (see tip), **salt and pepper**. Shape **beef** onto **skewers** (optional). Coat with **oil**. Cook on a griddle pan or BBQ over medium-high heat, turning for 8–10 minutes or until cooked through.

TIP *Add 1–2 tsp ground cumin or coriander or dried oregano to season the beef. You can skip the skewers and cook the koftas in a frypan or in the oven if preferred!*

4. FINISH AND SERVE

Serve **beef kebabs** with **sweet potato** and **salad**.

TIP *Serve with condiment or dipping sauce of choice. Hummus, yoghurt or tomato chutney works well!*

This recipe has simplified instructions to help lower your meal cost.