



Beef Koftas

with Mediterranean Potatoes

Juicy beef koftas, paired with a vibrant Mediterranean baby potato salad, with crisp cucumber, cherry tomatoes, and tangy shallot, all tossed in a light vinaigrette.



30 minutes



4/6 servings



Beef

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	800g	800g + 400g
BEEF MINCE	600g	600g + 300g
SHALLOT	1	1
LEBANESE CUCUMBER	1	2
CHERRY TOMATOES	2x 200g	2x 200g

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground cumin, vinegar of choice (see notes)

NOTES

Boil kettle and cover with hot water to speed up the process.

Lemon juice can be used instead of vinegar for the dressing if you have some.

You can shape the beef mince into patties to make hamburgers or mini meatballs.

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1. COOK THE BABY POTATOES

Halve **potatoes**. Place in a saucepan and cover with water (see notes). Cover and bring to a boil. Simmer for 12–15 minutes until tender. Drain and set aside to cool.

TIP *Spread the cooked potatoes out on a tray or large plate to speed up the cooling process.*

2. COOK THE KOFTAS

Heat a BBQ or griddle pan over medium–high heat. Season **beef mince** with **1 tbsp cumin, salt and pepper**. Shape into **8 even size koftas** and coat with **oil**. Cook for 8–10 minutes turning or until cooked through.

6P – use 1 1/2 tbsp ground cumin

TIP *Ground cumin can be substituted with smoked paprika or a dried herb of choice. Add crushed garlic for depth of flavour.*

3. TOSS THE POTATOES

Whisk together **1 1/2 tbsp vinegar** and **2 tbsp olive oil** in a large serving bowl. Thinly slice **shallot** and add to bowl. Slice **cucumber** into crescents and halve **tomatoes**. Toss all together with **cooked potatoes**.

6P – Whisk together 2 tbsp vinegar and 3 tbsp olive oil in a large serving bowl.

TIP *Deseed the cucumber before slicing to remove excess water in the salad. We used red wine vinegar to make the dressing. You can add some dried oregano or lemon zest to the dressing for a Mediterranean flavour. Add some sliced olives, feta cheese, sun-dried tomatoes, or chopped parsley to take this salad to the next level!*

4. FINISH AND SERVE

Serve **koftas** with **Mediterranean potatoes**.

TIP *Serve with condiments of choice. Make a quick yoghurt sauce with lemon juice and chopped mint, or serve with lemon wedges.*

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