



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Feta Cheese


The term 'feta' comes from the Greek word "Pheta" and can be translated as 'slice'. It is traditionally made from a combination of sheep and goats milk.



## 3 Beef Kofta Bowls

Organic mixed quinoa with spiced beef koftas, diced cucumber and mint salad, dressed with lemon and finished with creamy feta cheese.

 35 minutes

 2 servings

 Beef

16 November 2020

### Spice it up!

For a different flavour, add ground cumin, coriander or turmeric to spice the koftas. Or if you prefer a more herbal flavour you can add some dried oregano or marjoram instead.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	62g	56g	52g

## FROM YOUR BOX

ORGANIC MIXED QUINOA	1 packet (100g)
LEBANESE CUCUMBER	1
TOMATO	1
SHALLOT	1
MINT	1/2 bunch *
LEMON	1
FETA CHEESE	1 packet (200g)
GARLIC	1 clove
BEEF MINCE	300g

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground allspice

## KEY UTENSILS

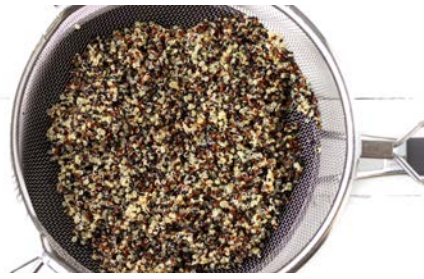
frypan, saucepan

## NOTES

If you prefer the dressing to be less sharp you can add 1/2 tsp of honey or sweetener of choice.

Shaping the koftas with oiled or wet hands will make handling the mixture easier. If you don't have a non-stick frypan it is best to add a little oil when cooking the koftas.

**No beef option** – beef mince is replaced with chicken mince.



### 1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse.



### 2. MAKE THE SALAD

Dice cucumber and tomato. Thinly slice 1/2 the shallot and roughly chop mint leaves. Toss together with **1/2 tbsp olive oil, salt and pepper**. Set aside.



### 3. MAKE THE DRESSING

Zest lemon to yield 1 tsp and set aside. Whisk together 1 tbsp lemon juice (wedge remaining) with **1 tbsp olive oil, salt and pepper** (see notes). Set aside.



### 4. PREPARE THE KOFTAS

Crumble 1/4 the feta cheese (50g) and chop remaining 1/2 shallot. Combine with lemon zest, 1 crushed garlic clove, **1/2 tsp allspice** and beef mince. Season with **salt and pepper**.



### 5. COOK THE KOFTAS

Heat a frypan over medium-high heat. Use oiled hands to roll even size koftas and place into pan as you go (see notes). Cook for 6-8 minutes, turning, until cooked through.



### 6. FINISH AND PLATE

Divide quinoa, salad and koftas among bowls. Crumble remaining feta cheese and spoon over dressing to taste. Serve with lemon wedges.

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