



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** 62g **TOTAL FAT** 56g **CARBOHYDRATES** 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

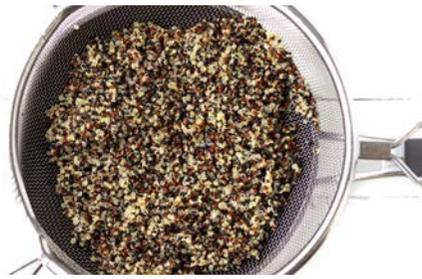
frypan, saucepan

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.

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

