

X4



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Beef Mezze Platter

A share platter of beef koftas, roast vegetables, flatbread and yoghurt dipping sauce.



30 minutes



4 servings



Beef

FROM YOUR BOX

ZUCCHINI	1
BEETROOTS	2
BEEF MINCE	600g
LEBANESE FLATBREAD	5-pack
TOMATO	1
WATERCRESS	1 sleeve
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground spice (of choice)

NOTES

Middle Eastern spices work best for this dish! Ground cumin, coriander, sumac, paprika and turmeric can all be used.

If you have a cucumber you can grate it and stir through the yoghurt along with some crushed garlic to make tzatziki. You could also stir through some dukkah or harissa paste if you have some!

No gluten option – Lebanese flatbread is replaced with GF Turkish bread. Toast and slice to serve.

1. ROAST THE VEGETABLES

Set oven to 220°C. Slice **zucchini** and **beetroots** into rounds. Toss on a lined oven tray with **2 tsp ground spice of choice, oil, salt and pepper**. Roast in oven for 20–25 minutes until cooked through.

TIP *We used ground coriander to season the vegetables. You could use cumin seeds, ground cumin or paprika.*

2. COOK THE KOFTAS

Combine **beef mince** with **1 tbsp ground spice of choice** (see tip), **salt and pepper**. Shape into 12 even size koftas or meatballs. Cook in a frypan over medium-high heat with **oil** for 10–12 minutes turning or until cooked through.

TIP *You can add some cumin seeds and crushed garlic to flavour the beef. We used 2 tsp ground cumin and 2 tsp ground paprika. You could also use harissa paste or 1–2 tsp ground allspice. Add some diced onion for texture and flavour!*

3. TOAST THE BREAD

Rub **flatbread** with **oil**. Toast in oven for 5 minutes until warm. Cut into quarters for serving (or leave whole if preferred).

TIP *You can rub some crushed garlic, sumac or ground spice to the flatbread!*

4. FINISH AND SERVE

Slice **tomato** and arrange on a platter with **watercress**. Add toasted flatbread, **yoghurt** (see notes), roast vegetables and beef koftas.

TIP *Serve this dish as a platter or assemble the wraps with koftas, vegetables and yoghurt sauce!*

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