



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Hummus


Hummus is a creamy dip which originates from the Middle East. It is healthy and typically made from chickpeas, tahini, garlic and olive oil.



2 Beef Kebab Bowl

Cook up a Middle Eastern mid-week feast with koftas, hummus, salad and couscous!

 20 minutes

 4 servings




 Beef

2 November 2020

Add some skewers!

Thread koftas onto skewers and cook on the barbecue! Serve with couscous, salad and hummus for dipping!

FROM YOUR BOX

BEEF KOFTAS 	600g
SPRING ONIONS	1/3 bunch *
CAPSICUM STRIPS	1/2 tub *
COUSCOUS	1 tub (300g)
CONTINENTAL CUCUMBER	1
TOMATOES	2
TRIO SPROUTS	2/3 punnet *
HUMMUS	1 tub
LEMON	1
 FALAFELS	1 packet
 AVOCADO	1

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, 1 stock cube (chicken or veg)

KEY UTENSILS


barbecue, griddle or frypan, pan with lid

NOTES

Rub koftas with 1 tsp cumin prior to cooking for extra flavour!

No beef option – beef koftas are replaced with chicken tenderloins. Rub with oil, 1 tsp cumin, salt and pepper prior to cooking as per step 1.


No gluten option – couscous is replaced with white quinoa. Boil quinoa in water with added stock cube for 15 minutes or until tender. Drain and rinse. Reheat quinoa saucepan with oil, add sliced spring onions and capsicum strips. Cook for 3 minutes then stir in quinoa.

 **VEG OPTION – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.**



1. COOK THE KOFTAS

Heat a pan or barbecue over medium-high heat. Brush or spray koftas with oil, add to pan and cook for 10–12 minutes, turning occasionally, or until cooked through.

 **VEG OPTION – Set oven to 200°C – warm falafels for 10–15 minutes or until warmed through.**



4. PREPARE THE SALAD

Dice or slice cucumber and wedge tomatoes. Arrange on a platter with alfalfa and crunchy sprouts (from trio), hummus and lemon cut into wedges.

 **VEG OPTION – Quarter avocado and add to platter.**



2. SIMMER THE STOCK

Meanwhile, heat a saucepan with oil over medium heat. Slice spring onions and drain 1/2 tub capsicum strips. Add to pan with **1 crumbled stock cube and 1 1/2 cup water.** Bring to the simmer, see step 4.



5. FINISH AND SERVE

Cut koftas into thirds (optional).

Assemble your bowl at the table with couscous, koftas (**VEG OPTION – falafels**), fresh vegetables, hummus and finish with a wedge of lemon.



3. ADD THE COUSCOUS

Add couscous to simmering stock. Stir well and take off heat. Allow to sit, covered, for 5 minutes. Fluff couscous with a fork.

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

