



BEEF KOFTA MEZZE PLATE

with Fattoush Salad & Lemon Pepper Fries



Make a Middle Eastern-style kofta



Potato



Lemon Pepper Spice Blend



Garlic



Tomato



Cucumber



Coriander



Greek Yoghurt



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Pita Pockets



Cos Lettuce Mix

Hands-on: 40 mins
Ready in: 40 mins

Turn a weeknight meal into a fun feast with this mixed platter of beef kofta, a fresh salad studded with pita crisps and creamy coriander yoghurt. Lemon pepper fries add the perfect finishing touch for a plate of tasty treats where every bite is different!

Pantry Staples: Olive Oil, Egg, Vinegar (White Wine Or Red Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **large frying pan**



1 BAKE THE FRIES

Preheat the oven to 220°C/200°C fan-forced. Cut the potato (unpeeled) into 1cm fries. Place the potato and lemon pepper spice blend on an oven tray lined with baking paper. Drizzle with olive oil and season with salt (for the fries). Toss to coat then bake until tender, 25-30 minutes. **TIP:** Cut the potato to the correct size so it cooks in the allocated time.



2 PREP THE VEGGIES & YOGHURT

While the fries are baking, finely chop the garlic (or use a garlic press). Roughly chop the tomato and cucumber. Roughly chop the coriander. In a small bowl, combine the coriander, Greek yoghurt, a dash of water, and a pinch of salt and pepper.



3 COOK THE BEEF KOFTA

In a medium bowl, combine the salt (for the beef), garlic, beef mince, chermoula spice blend, egg and fine breadcrumbs. Using damp hands, roll the mixture into kofta about 8cm long and 2.5cm thick (you should get 3 kofta per person). Heat a large frying pan over a medium-high heat with a drizzle of olive oil. Add the kofta and cook, turning, until browned all over, 2-3 minutes. Reduce the heat to medium and cook until cooked through, 7-9 minutes. **TIP:** The kofta are done when they are no longer pink inside.



4 MAKE THE PITA CHIPS

While the kofta are cooking, tear the pita pockets (see ingredients list) into small pieces. Place the pita chips on an oven tray lined with baking paper. Season generously with salt and pepper, spray (or drizzle) with olive oil and toss to coat. Spread in a single layer and bake until golden, 3-5 minutes. Set aside to cool slightly. **TIP:** They can burn quickly so keep an eye on them!



5 DRESS THE SALAD

In a large bowl, combine the vinegar, olive oil (1 1/2 tbs for 2 people / 3 tbs for 4 people) and a pinch of salt and pepper. Add the pita chips, tomato, cucumber and cos lettuce mix and toss well to coat. **TIP:** Toss the salad just before serving to keep the leaves and pita chips crisp.



6 SERVE UP

Divide the fattoush salad, beef kofta and lemon pepper chips between plates. Serve with a dollop of coriander yoghurt.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
lemon pepper spice blend	1 sachet	2 sachets
salt* (for the fries)	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
tomato	1	2
cucumber	1	2
coriander	1 bag	1 bag
Greek yoghurt	1 pack (100 g)	2 packs (200 g)
salt* (for the beef)	¼ tsp	½ tsp
beef mince	1 packet (300 g)	1 packet (600 g)
chermoula spice blend	1 sachet	2 sachets
egg*	1	2
fine breadcrumbs	1 packet	2 packets
pita pockets	2	4
vinegar* (white wine or red wine)	2 tsp	4 tsp
cos lettuce mix	1 bag (30 g)	1 bag (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2870kJ (686Cal)	437kJ (104Cal)
Protein (g)	49.3g	7.5g
Fat, total (g)	23.9g	3.7g
- saturated (g)	7.8g	1.2g
Carbohydrate (g)	62.6g	9.5g
- sugars (g)	9.9g	1.5g
Sodium (g)	853mg	130mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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2019 | WK14

