



# 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



Mixed Salad Leaves

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 tbs for 2 people / 2 tbs for 4 people**) and a **pinch of salt and pepper**. Add the **pita chips**, **tomato**, **cucumber** and **mixed salad leaves** 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	1 tbs
mixed salad leaves	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.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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