





Feta Biftekia with Fresh Tomato and Green Bean Sauce

 30-40min  2 Portions

Biftekia (pronounced beef-TECK-ya) is a traditional Greek dish, best considered the love child of a meatball and a hamburger. Creamy feta cheese is mixed right into the meat for lots of flavour and texture. We serve them with a quick green bean braise using fresh tomato sauce that not only tastes amazing, but that's good for you, too!

What we send

- green beans
- oregano, parsley, garlic cloves
- feta ⁷
- panko breadcrumbs ¹
- onion
- grass-fed beef mince
- tomato

What you'll require

- egg ³
- olive oil
- salt and pepper

Utensils

- grater
- large frypan
- medium saucepan

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Egg (3), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 570.0kcal, Fat 31.7g, Proteins 48.6g, Carbs 18.5g



1. Prepare ingredients

Coarsely grate the **onion** over a large bowl, squeeze to remove any excess liquid. Thinly slice 1 **garlic clove** and crush or finely chop remaining garlic clove. Pick the **parsley** leaves and finely chop leaves and stems, keeping them separate. Trim ends of **green beans** and cut in half. Coarsely grate the **tomato** over a second bowl.



4. Make beef mixture

Meanwhile, pick the **oregano leaves** and coarsely chop. Add the **beef mince**, **chopped garlic**, **panko breadcrumbs**, **oregano**, 1 **egg** and half of the **chopped parsley leaves** to the bowl with the remaining grated onion. Season with **pepper**. Mix with your hands until evenly combined. Crumble **feta** into bowl and gently fold to combine.



2. Cook aromatics

Heat 1 tbs **oil** in a medium saucepan over medium-high heat. Cook half of the **grated onion** with ¼ tsp **sea salt**, stirring, for 2 mins or until softened. Stir in the **sliced garlic** and cook for 1 min or until fragrant.



5. Cook biftekia

Divide **beef mixture** into 6 oval shapes, then flatten slightly into 3cm-thick patties. Heat 1 tbs **oil** in a large non-stick frypan over medium-high heat. Cook **patties**, covered, for 4-5 mins each side until deeply browned and cooked through



3. Cook sauce

Add the **tomato**, **parsley stems** and 80ml (⅓ cup) water and season with **sea salt and pepper**. Bring to a simmer. Reduce heat and cook, covered, for 8-10 mins until sauce has slightly thickened.



6. Finish green beans

Add **green beans** to the **tomato mixture** and increase heat to high. Simmer rapidly for 3-4 mins until beans are just tender. Remove from heat. Stir in remaining **chopped parsley leaves** and season with **sea salt and pepper**. Serve **biftekia** with green beans.