

Printfid00309hero grilledbeefkofta badge

Grilled Beef Kofta

with Moroccan-Spiced Sweet Potato



30-40min



4 Portions

We've taken our favourite Middle-Eastern koftas and served them san choy bau-style, in light lettuce leaves with fresh tomato and capsicum. Plus, because they're impossible to resist, we're serving them with spiced sweet potato wedges - and it's all ready in under 30 mins, perfect for busy weeknights.

What we send

- baby cos lettuce
- Lebanese cucumber
- spice mix
- roma tomatoes
- parsley, 2 garlic cloves
- grass-fed beef mince
- lemon
- red onion
- sweet potato

What you'll require

- Australian honey
- olive oil
- sea salt and pepper

Utensils

- baking paper
- foil
- grater
- large frypan
- oven trays

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

Cooking tip

The kofta can also be cooked completely in a frypan or chargrill pan or on the barbecue. Cook, turning regularly, for 10-15 mins until cooked through.

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 580.0kcal, Fat 21.4g, Proteins 41.6g, Carbs 49.3g



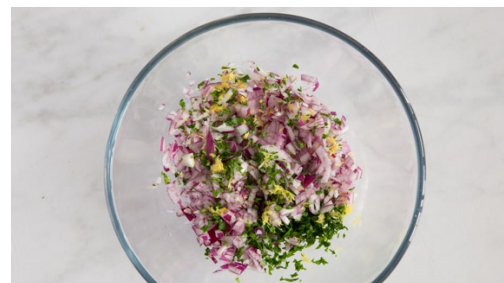
1. Prepare sweet potatoes

Preheat oven to 200C. Line one oven tray with baking paper and one with foil. Peel **sweet potatoes** and cut into wedges. Place on the baking paper-lined tray and drizzle over 1 tbs **oil**, 2 tsp **honey** and 1 tsp of the **spice mix**. Toss to combine, then roast for 15-20 mins, turning once during cooking, until tender.



4. Cook kofta

Heat 1 tbs **oil** in a large non-stick frypan over medium-high heat. Cook **kofta**, turning occasionally, for 6-8 mins until well browned. Transfer to the foil-lined tray and finish cooking in the oven for 5 mins or until cooked through. See cooking tip.



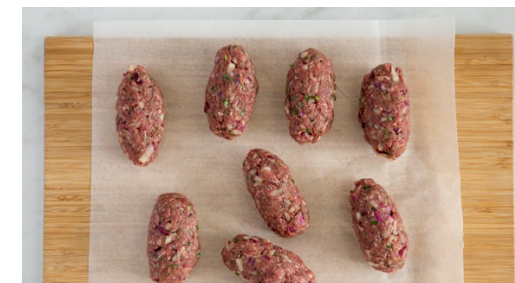
2. Prepare kofta

Meanwhile, finely chop the **onion**. Crush or finely chop the **garlic** and place in a large bowl with the onion. Finely chop the **parsley** leaves and stems. Zest the **lemon**. Add parsley and lemon zest to the bowl.



5. Prepare salad ingredients

Meanwhile, dice **tomatoes** and **cucumbers**. Separate **lettuce leaves**, wash and pat dry. Squeeze juice from half the **lemon**, then combine 2 tsp juice with 1 tbs **oil** and season with **sea salt and pepper**. Cut remaining lemon half into wedges.



3. Shape kofta

Add the **beef mince** and remaining **spice mix** to the bowl and season with **sea salt and pepper** to taste. Using clean hands, combine the mixture thoroughly for 2-3 mins, then form into 8 kofta shapes.



6. Get ready to serve

Fill 8 of the largest **lettuce** leaves with diced **tomato** and **cucumber** and drizzle with **dressing**. Top each with a **kofta**. Serve with the **sweet potato wedges**, remaining tomato, cucumber and lettuce, and **lemon wedges**.