





Tahini Beef Meatballs

with Roast Tomatoes

 20-30min  2 Portions

Tahini, burghul, tomato and yoghurt are ingredients that you will usually find on a Middle Eastern mixed plate, but we've waved our wand and transformed them into delicious beef meatballs laced with fragrant spices and crispy topped roasted tomatoes. Teamed with a refreshing rocket salad and yoghurt dip, you won't have to go very far anymore to get your Middle Eastern foodie fix.

What we send

- panko breadcrumbs ¹
- Wheat, Burghul ¹
- Greek-style yoghurt ⁷
- baby rocket leaves
- 2 garlic cloves and thyme
- Lebanese cucumber
- tahini ¹¹
- grass-fed beef mince
- tomato

What you'll require

- extra virgin olive oil
- salt and pepper
- white wine vinegar ¹⁷

Utensils

- baking paper
- large frypan
- oven tray
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 770.0kcal, Fat 34.6g, Proteins 42.3g, Carbs 67.3g



1. Prepare ingredients

Preheat oven to 200C. Crush or finely chop the **garlic**. Cut **tomatoes** in half. Chop **thyme** leaves. Combine 1 tbs **oil**, the thyme leaves, **breadcrumbs** and half the garlic in a bowl. Season with a little **salt and pepper**.



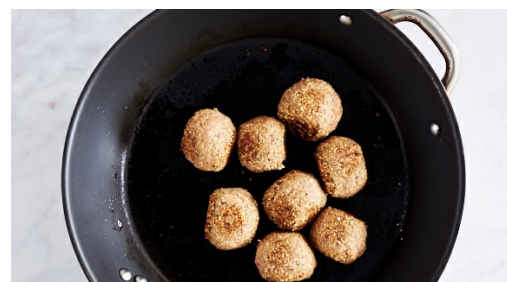
4. Make meatballs

Add the **beef mince, tahini, spice mix, remaining garlic** to the **burghul**. Season with **salt and pepper** and blend together really well. Form into 8 meatballs.



2. Prepare tomatoes

Place the **tomatoes** cut-side up on an oven tray lined with baking paper. Scatter over the **breadcrumb mixture**. Roast for 15-20 mins until golden and the crumbs are crisp.



5. Cook meatballs

Heat 2 tbs **oil** in the same frypan over medium-high heat and cook the **meatballs** for 6-7 mins to brown. Transfer pan to the oven and cook for a further 5-10 mins until cooked through.



3. Cook burghul

Meanwhile, heat a medium ovenproof frypan over high heat. Cook the **burghul**, stirring regularly, for 2-3 mins until toasted. Add 250ml (1 cup) water and season with **salt**. Cook over low heat for 3-5 mins until water is absorbed. Transfer to a large bowl. Clean pan.



6. Make salad

Meanwhile, using a wide peeler (or sharp knife), peel the **cucumber** into ribbons. Whisk together 1 tbs **oil**, 2 tsp **white wine vinegar** in a bowl. Season with **salt and pepper**. Add the **cucumber** and **rocket** and toss to coat. Season the **yoghurt** well with **salt and pepper**. Serve the **meatballs** with the **roasted tomatoes, salad** and a dollop of **yoghurt**.