



## Thai Beef Kofta

with Chilli Dressing



20-30min



2 Portions

It's East meets Middle East with these tantalising beef skewers! While kofta is traditionally a dish found on Lebanese menus, we've added some classic Thai ingredients, such as red curry paste, lemongrass and Thai basil, to transform them into an exotic eastern taste sensation. Teamed with a simple and refreshing noodle salad, this meal is a smart and speedy dinner for two.



## What we send

- Thai basil, coriander, 1 red chilli and 1 lemongrass stalk
- carrot
- dressing <sup>4</sup>
- vermicelli rice noodles
- Lebanese cucumber
- Thai red curry paste <sup>2,4,6</sup>
- grass-fed beef mince

## What you'll require

- pepper
- soy sauce <sup>6</sup>
- sugar
- vegetable oil

## Utensils

- chargrill or frypan
- Colander
- Kettle
- wooden skewers

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

## Cooking tip

If using wooden skewers, soak in water to avoid scorching.

## Allergens

Shellfish (2), Fish (4), Soy (6). May contain traces of other allergens.

## Nutrition per serving

Energy 645.0kcal, Fat 14.3g, Proteins 30.0g, Carbs 96.7g



### 1. Cook noodles

Bring a kettle of water to the boil. Place  $\frac{3}{4}$  of the **noodles** (save remaining for another use) in a large heatproof bowl and cover with boiling water. Stand for 3 mins or until softened. Drain well, then rinse under warm water to prevent the noodles sticking together. Transfer to a large bowl. See cooking tip.



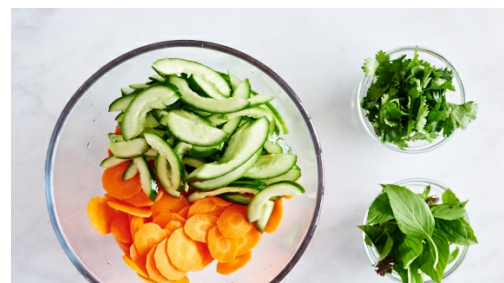
### 4. Make dressing

Combine the **dressing** with 2 tbs **sugar** in a bowl and stir well until the sugar is dissolved. Thinly slice the **chilli** and add to dressing (deseed the chilli for less heat if you prefer).



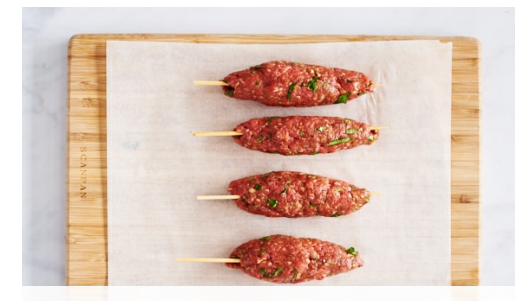
### 2. Prepare beef

Peel outer leaves from **lemongrass** and then very finely chop the soft centre. Finely chop half the **coriander** (including stems). Place the **mince** in a bowl with the lemongrass, chopped coriander, 1 tbs **soy sauce** and some **pepper**. Add 2 tsp **curry paste** for a mild flavour or more for a spicy dish.



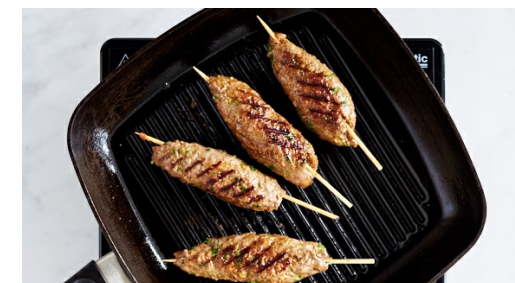
### 5. Prepare salad

Deseed and thinly slice the **cucumbers**. Very thinly slice the **carrots** (alternatively, coarsely grate the carrots). Pick remaining **coriander** and **thai basil leaves** (discard stems). Using kitchen scissors, cut the drained **noodles** into shorter lengths. Combine ingredients in a bowl and stir in the noodles and the **dressing**.



### 3. Make skewers

Combine the beef mixture well then divide the **mince** into 4 portions. Using wet hands shape into sausages. Thread each one onto a bamboo skewer to form a long sausage shape (simply form into long sausage shapes if you don't have skewers).



### 6. Chargrill skewers

Heat a chargrill pan over high heat. Brush the **beef kofta** with a little **oil** and cook for 5-6 mins, turning until charred and cooked through. Remove from heat and allow to rest in the pan for 5 mins to ensure they are cooked through. Arrange **salad** on plate and top with the **kofta**.