



SKU0773 web

Beef Kefta Salad

with Yogurt & Cumin Vinaigrette

 20-30min  4 Servings

Something about the combination of spiced beef and creamy yogurt makes us swoon. You too? Well, we designed this recipe with you in mind. Forty percent of the ingredients in this recipe do double duty: half of the onions, herbs, and cumin go into the beef mixture, and half go into the salad or vinaigrette. Cook, relax, and enjoy!

What we send

- red onion
- red wine vinegar
- garlic
- whole cumin seeds
- fresh cilantro
- grass-fed ground beef
- green leaf lettuce

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

- box grater
- large skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

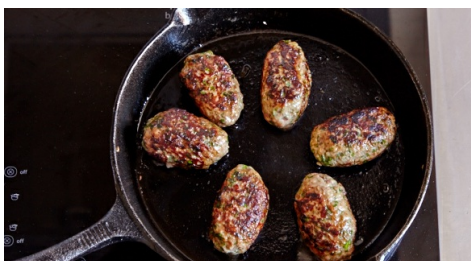
Nutrition per serving

Calories 558.0kcal, Fat 31.8g, Proteins 33.3g, Carbs 37.0g



1. Prep bulgur & onions

Bring **2 cups water** to a boil. Add **bulgur, ½ teaspoon salt**. Cover and set aside until tender, 15 minutes; drain excess water. Trim ends from **onion**, then halve, peel, and thinly slice **half** (reserve the rest for step 3). Place sliced onion in a large bowl with **vinegar** and **¼ teaspoon salt**; stir occasionally.



4. Cook kefta

Using a fork, mix **beef** until evenly combined. Divide meat into 12 (3-inch) oval patties. Heat **1 tablespoon oil** in a large skillet over medium-high. Add **beef kefta**, in batches if necessary, and cook, turning occasionally, until browned on all sides, 6-8 minutes. Transfer to a plate.



2. Toast cumin seeds

Place **cumin** in a large skillet over medium. Cook, swirling occasionally, until fragrant and slightly darkened, 1 minute. Transfer to a cutting board and chop. Add **half of the chopped cumin** (reserve the rest for step 3) to **marinating onions**.



5. Finish vinaigrette

Stir **3 tablespoons oil** into **marinating onions**; season to taste with **salt** and **pepper**. Tear **lettuce** into bite-size pieces and add to **dressing** along with **remaining cilantro leaves**; toss to combine.



3. Season beef

Grate **remaining half of onion** into a large bowl and add **remaining cumin**. Peel and finely grate **2 large garlic cloves** into same bowl. Add **ground beef** and **1 teaspoon salt**. Pick **cilantro** from **stems**; finely chop cilantro stems and **half of the leaves**, then add to beef mixture. Reserve remaining cilantro leaves for step 5.



6. Finish & serve

Season **yogurt** with **salt** and **pepper**. Roughly chop **pistachios** and break **kefta** into pieces. Divide **yogurt** between plates, spreading to cover most of the bottom, and top with **bulgur, salad, kefta**, and **pistachios**. Enjoy!