

Webfid00219hero meatballs salad 93

## Meatball Salad

with Yoghurt Sauce



30-40min



4 Portions

A clever play on the classic kefta kebab with tabouleh and yoghurt sauce converts it into a substantial dinnertime dish. We omitted the bread and upped the burghul, tore up the kefta and pickled the onion, then we've layered it all up on serving plates and sprinkled it with nutty toasted almonds... you won't be disappointed!

## What we send

- 1 garlic clove, coriander, parsley and 1 shallot
- baby cos lettuce
- ground cumin
- Greek-style yoghurt <sup>7</sup>
- grass-fed beef mince
- currants
- Lebanese cucumber
- slivered almonds <sup>15</sup>
- lemon
- burghul <sup>1</sup>

## What you'll require

- olive oil
- salt and pepper

## Utensils

- large frypan
- sieve

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

## Allergens

Gluten (1), Milk (7), Tree Nuts (15).  
May contain traces of other allergens.

## Nutrition per serving

Energy 685.0kcal, Fat 24.7g, Proteins 51.0g, Carbs 58.0g



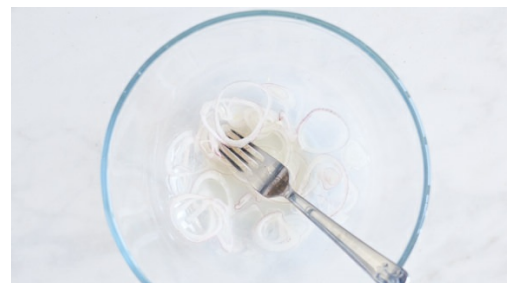
### 1. Soak burghul

Bring a kettle to the boil. Place the **burghul** in a heatproof bowl. Add enough boiling water to just cover the burghul and season with **sea salt**. Cover and stand for 5 mins or until tender. Drain any excess water. Zest and juice half the **lemon**. Cut the remaining half into wedges. Deseed the **cucumbers** and cut into small sticks.



### 4. Cook kefta

Using your hands or a fork, mix the **beef** until well combined. Shape meat into 12 x 5cm sausage shapes. Toast the **almonds** in a large frypan for 2-3 mins over medium-high heat until golden. Set aside. Heat 1 tbs **oil** in the same pan. Cook the meatballs, turning occasionally, for 8 mins or until browned on all sides. Transfer to a plate.



### 2. Pickle onion

Meanwhile, very thinly slice half the **shallot**. Place in a large bowl with 1 tbs **lemon juice** and stir to combine. Stand for 10 mins, stirring occasionally, until the shallot pickles and lightens in colour.



### 5. Finish salad

Meanwhile, stir 2 tbs **oil** into the **pickled onion** and season with **sea salt and pepper**. Fluff the **burghul** with a fork and combine with the **onion, currants, cucumber** and remaining **coriander** and **parsley** leaves. Tear **lettuce** into bite-size pieces.



### 3. Prepare mince

Meanwhile, coarsely grate the remaining **shallot** into a large bowl. Finely grate **garlic** into the same bowl. Add the **beef, lemon zest** and 1 tsp **cumin**. Pick **parsley** (discard stems) and **coriander** leaves. Finely chop coriander stems and half the herb leaves. Add the chopped herbs (including coriander stems) to the beef mixture. Season generously with **sea salt**.



### 6. Get ready to serve

Combine 1 tbs **lemon juice** with the **yoghurt** and season with **sea salt and pepper** (you may need to add a little water to thin out the sauce). Arrange the **lettuce** and **burghul** with the **meatballs, yoghurt** and **almonds**. Serve with **lemon wedges**.