

# DINNERLY

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## Beef Koftas with Sweet Potato Mash



30-40 minutes



2 Servings

Loaded with carrot, celery and zesty Lebanese spices, these moreish meatballs with a silky sweet potato mash will have your kids eating more veg without a word from you!

## WHAT WE SEND

- sweet potato
- carrot, celery
- grass-fed premium beef mince
- panko breadcrumbs<sup>1</sup>
- green beans
- baharat spice

## WHAT YOU NEED

- egg<sup>3</sup>
- olive oil
- salt and pepper

## TOOLS

- medium frypan
- potato masher

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

## ALLERGENS

Gluten (1), Egg (3). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 685kcal, Fat 25.1g, Carbs 73.2g, Proteins 35.7g



### 1. Prep vegetables

Peel and cut the **sweet potato** into 3cm chunks. Trim the **beans**. Half fill a medium saucepan with salted water and bring to the boil for the vegetables.



### 2. Make koftas

Meanwhile, finely chop the **celery**. Peel and coarsely grate the **carrot**. Put the celery, carrot, **beef**, **breadcrumbs**, **1 tsp baharat spice blend** and **1 egg** in a bowl, season with **salt and pepper** and combine well. Using wet hands, roll ¼ cup measures into oval-shaped koftas.



### 3. Cook vegetables

Add the **sweet potato** to the pan of boiling water and cook, covered, for 8 mins. Add the **beans** and cook for a further 3 mins until the vegetables are tender. Remove the beans with a pair of tongs. Drain the sweet potato, the set the beans and potato aside separately and cover to keep warm. Reserve the saucepan.



### 4. Cook koftas

Meanwhile, heat **1 tbs olive oil** in a medium frypan over medium heat. Cook the koftas, turning regularly, for 10-12 mins until golden brown and cooked through.



### 5. Get ready to serve

Heat **1 tbs olive oil** in the reserved saucepan. Add the **remaining baharat** and cook, stirring, for 30 secs or until fragrant. Remove from the heat. Return the **sweet potato** to the pan and mash until smooth. Season with **salt and pepper**. Divide the **mash**, **koftas** and **beans** among plates to serve.



### 6. Kitchen hack

For a creamy finish, serve with a dollop of Greek-style yoghurt for dipping.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)

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 Packed in Australia from at least 35% Australian ingredients