

DINNERLY

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Beef Koftas with Sweet Potato Mash



30-40 minutes



4 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

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

WHAT YOU NEED

- egg ³
- olive oil
- salt and pepper

TOOLS

- large 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 660kcal, Fat 23.7g, Carbs 71.9g, Proteins 33.9g



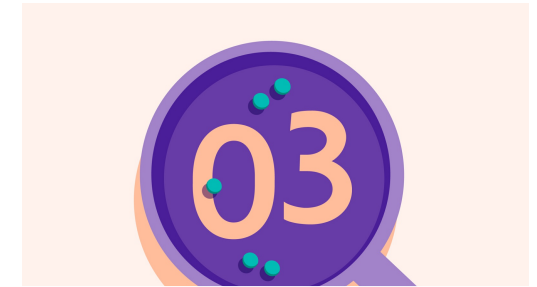
1. Prepare vegetables

Peel and cut the **sweet potatoes** into 3cm chunks. Trim the **beans**. Half fill a large 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 **carrots**. Put the celery, carrot, **beef**, **breadcrumbs**, **2 tsp baharat spice blend** and **1 egg** in a bowl, season with **salt and pepper** and combine well. Using wet hands, roll the mixture into oval-shaped koftas, using about ¼ cup each.



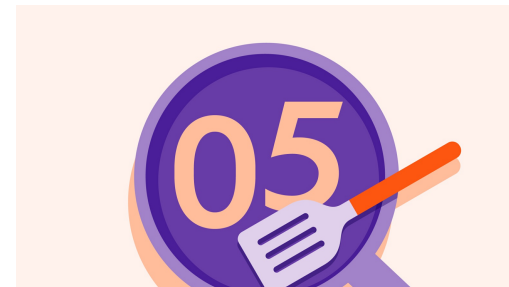
3. Cook vegetables

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, then set the beans and potato aside separately and cover to keep warm. Reserve the saucepan.



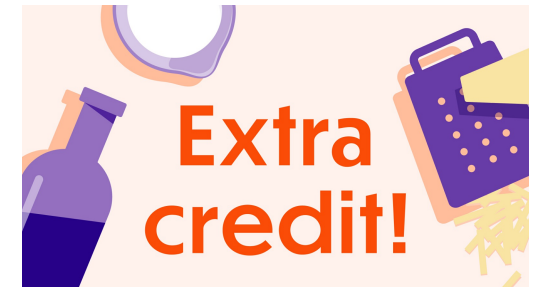
4. Cook koftas

Meanwhile, heat **2 tbs olive oil** in a large frypan over medium heat. Cook the koftas, turning regularly, for 10-12 mins until golden brown and cooked through.






5. Finish mash

Heat **2 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
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