



**FAST**

## **Beef and Olive Koftas**

with Feta and Tomato Couscous



20-30min



2 Portions

This crowd-pleasing dinner is all about making Middle Eastern flavours available to the home cook. These koftas combine kalamata olives with ground beef and aromatic spices to create tasty morsels that are quick to cook - meaning you can bring a touch of the exotic to midweek dinnertime

## What we send

- 1
- 7
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\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- boiling water
- extra virgin olive oil
- sea salt and pepper

## Utensils

- baking paper
- oven tray

Our veggies come fresh from the farm, so please wash them before use.

## Allergens

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

## Nutrition per serving

Energy 750kcal, Fat 30.9g, Carbs 61.7g, Proteins 50.3g



### 1. Make tomato stock

**Read through the recipe.** Heat the oven to 200C. Line an oven tray with baking paper. Crumble **1 stock cube\*\*** into a heatproof jug, add **1 tbs tomato paste\*\*** and **180ml (¾ cup) boiling water** and stir to dissolve.



### 2. Cook couscous

Put the **couscous** in a heatproof bowl, pour over the **stock** and cover with a plate or plastic wrap. Stand for 5-7 mins until the stock is absorbed. Fluff the grains with a fork.



### 3. Prepare koftas

Meanwhile, finely chop the **olives**. Put the olives, **beef mince**, **2 tbs of the prepared couscous**, **1 tsp dried oregano\*\*** and **½ tsp dried mint\*\*** in a bowl, season with **salt and pepper** and combine well.



### 4. Cook koftas

Using damp hands, form the **beef mixture** into 6 equal ovals. Put on the lined tray and bake for 15 mins or until cooked through.



### 5. Make tomato couscous

Meanwhile, finely chop the **parsley**, including the stems. Quarter the **cherry tomatoes**. Add the parsley and tomatoes to the **couscous**, season with **salt and pepper** and stir to combine.



### 6. Get ready to serve

Cut the **lemon** into wedges. Divide the **couscous** and **koftas** among bowls. Crumble over the **feta**, drizzle with **1 tbs extra virgin olive oil** and serve with the **lemon wedges**.