

# DINNERLY



## Baked Beef Kofta with Pumpkin, Couscous and Yoghurt

 20-30 minutes  2 Servings

Roll up to sunny Moroccan flavours with these kofta meatballs, served with roasted, spiced pumpkin. The creamy-lemon yoghurt drizzle tops it off perfectly.

## WHAT WE SEND

- 1
- 7

## WHAT YOU NEED

- boiling water
- Australian honey
- olive oil
- tomato paste

## TOOLS

- baking paper
- fine grater
- oven tray

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

## ALLERGENS

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

## NUTRITION PER SERVING

Energy 805kcal, Fat 32.4g, Carbs 72.5g, Proteins 49.6g



### 1. Prep ingredients

Preheat the oven to 220C. Line 2 oven trays with baking paper. Crush or finely chop 1 **garlic clove**. Cut the **unpeeled pumpkin** into 4 wedges. Finely grate the zest of **half the lemon**, then juice the half (the remaining lemon won't be used in this dish). Thinly slice the **spring onion** on an angle.



### 2. Make kofta

Put the **beef mince, garlic** and **2 tsp tomato paste** in a bowl (see Make it yours). Using clean damp hands, combine well, then shape into walnut-sized balls. Put the **pumpkin, cumin and coriander spice blend, 1 tbs olive oil** and **1 tbs tomato paste** in a bowl. Season with **salt and pepper**, then turn to coat.



### 3. Bake pumpkin and kofta

Put the **pumpkin** on one lined tray and drizzle over any remaining marinade. Put the **kofta** on the remaining lined tray. Roast the pumpkin on the top oven rack and the koftas on the middle rack, turning the koftas halfway through to glaze, for 15 mins or until the pumpkin is tender and the kofta are cooked through.



### 4. Cook couscous

Meanwhile, put the **couscous** and **2 tsp olive oil** in a large heatproof bowl. Season with **salt and pepper** and stir to combine. Pour over **180ml (¾ cup) boiling water** and cover with a plate. Stand for 5-7 mins until the water is absorbed. Fluff the grains with a fork.



### 5. Serve up

Put the **yoghurt, lemon zest, 2 tsp lemon juice** and **½ tsp honey** in a bowl. Season with **salt and pepper** and whisk to combine. Divide the **couscous, pumpkin and kofta** among bowls. Drizzle with the **yoghurt dressing**. Scatter over the **spring onion** and enjoy!



### 6. Make it yours

There is no need to add salt and pepper to the kofta mixture, as the barbecue mince is already seasoned. Add some crunch to the dish by scattering with toasted almonds, and boost the freshness with coriander, mint or baby spinach leaves.