



Grilled Beef Kefta Patties

with Israeli Salad & Couscous



20-30min



2 Servings

Berberé spice is a flavorful, peppery spice blend from North East Africa. This distinct spice is known for its vibrant crimson hue and warm blend of toasted dried peppers, spices, and herbs.

What we send

- cucumber
- grass-fed ground beef
- berbere spice blend
- fresh cilantro
- garlic
- shallot
- plum tomatoes
- Greek yogurt ⁷
- couscous ¹

What you need

- kosher salt & ground pepper
- olive oil
- white wine vinegar ¹⁷

Tools

- saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Milk (7), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 710kcal, Fat 41g, Carbs 43g, Proteins 40g



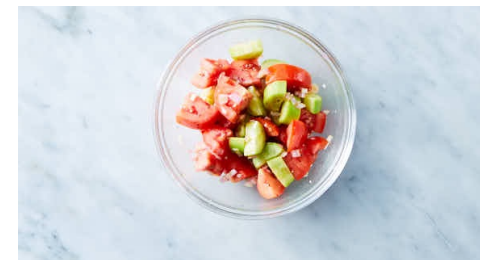
1. Prep ingredients

Light a grill, if using. Peel and finely chop **1 teaspoon garlic**. Peel and finely chop **half of the shallot** (save rest for own use). Finely chop **cilantro leaves and stems** together.



2. Cook couscous

Heat **2 teaspoons oil** in a small saucepan over medium. Add **half of the chopped shallots** and **a pinch each salt and pepper**. Cook until fragrant, about 1 minute. Add **½ cup water** and **½ teaspoon salt**. Cover and bring to a boil. Add **couscous** and stir. Cover, remove from heat, and let stand until step 6/



3. Prep salad

Core **tomato**, then quarter lengthwise and cut into ½-inch pieces. Trim ends from **cucumber** and peel; halve lengthwise and slice into ½-inch half-moons. In a medium bowl, whisk **1 teaspoon vinegar** with **1 tablespoon oil**. Stir in tomatoes, cucumbers, **remaining shallots**, and **a pinch each salt and pepper**. Let stand until step 6.



4. Season patties

In a medium bowl, combine **ground beef**, **chopped cilantro**, **1-1½ teaspoons of the berbere spice** (depending on heat preference), **half of the garlic**, and **a few grinds pepper**. Divide **beef mixture** into fourths, then shape each into a 3½-inch oval, about ¾-inch thick.



5. Grill patties

Heat a grill pan over medium-high, if using. (Alternatively, heat 1 tablespoon oil in a medium skillet over medium-high.) Lightly brush grill grates or pan with **oil**. Add **patties** and cook until deeply browned and medium-rare, 2-3 minutes per side. Transfer to plates. Season with **salt**.



6. Finish & serve

Stir **salad** and season to taste with **salt** and **pepper**. Add **remaining garlic** and **2 teaspoons oil** to **yogurt** in container, stirring to combine; season to taste with **salt** and **pepper**. Fluff couscous with a fork. Serve **kefta patties** with **couscous**, **Israeli salad**, and **garlicky yogurt**. Drizzle with **a little olive oil**. Enjoy!