



Grilled Beef Kefta Patties

with Israeli Salad & Couscous



20-30min



4 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

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

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 620kcal, Fat 32g, Carbs 43g, Proteins 40g



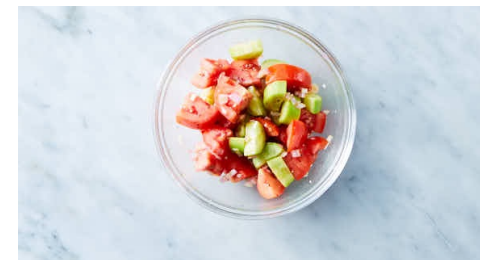
1. Prep ingredients

Light a grill, if using. Peel and finely chop **2 teaspoons garlic**. Peel and finely chop **shallot**. Finely chop **cilantro leaves and stems** together.



2. Cook couscous

Heat **1 tablespoon oil** in a small saucepan over medium. Add **half of the shallots** and **a pinch each salt and pepper**. Cook until fragrant, about 1 minute. Add **1 cup water** and **1 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 **tomatoes**, 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 **2 teaspoons vinegar** with **2 tablespoons oil**. Stir in tomatoes, cucumbers, **remaining shallots**, and **a pinch each salt and pepper**. Let stand until step 6.



4. Season patties

In a large bowl, combine **ground beef**, **chopped cilantro**, **1½-2 teaspoons of the berbere spice** (depending on your heat preferences), **half of the garlic**, and **a few grinds of pepper**. Divide **beef mixture** into eights, 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 2 tablespoons oil in a large 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**. In a small bowl, stir together **all of the yogurt**, **remaining garlic**, and **4 teaspoons oil**; 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!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com     **#marthaandmarleyspoon**