



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CHICKPEA FLOUR

Chickpea flour, also known as besan flour is popular in Asian and Indian cuisine. It is high in protein, iron and fibre.



3. BEEF MEZZE SHARE PLATE

A festive share plate with spiced beef mince, mint and carrot salad, crispy chickpea flatbreads and beetroot dip.

 35 Minutes

 2 Servings

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
64g	31g	61g

20 April 2020

FROM YOUR BOX

CHICKPEA FLOUR	1 packet (150g)
COOKED BEETROOT	1 tin
FETA CHEESE	1/2 packet *
RED ONION	1/2 *
BEEF MINCE	300g
CARROT	1
CHERRY TOMATOES	1 bag (200g)
MINT	1/2 bunch *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, cumin seeds (or ground cumin), ground cardamom, white wine vinegar, baking paper

KEY UTENSILS

oven tray, stick mixer or food processor, frypan

NOTES

The batter should have thickened before you pour onto the lined tray. You can also add other spices such as fennel seeds and garlic flakes on top before baking.

No beef option - beef mince is replaced with chicken mince.



1. PREPARE FLATBREAD

Set oven to 180°C. Whisk together chickpea flour and **3/4 cups water**. Set aside for 10 minutes (see notes).



2. MAKE THE BEETROOT DIP

Drain beetroots and blend with feta cheese, **1/2 tbsp vinegar** and **1 tbsp olive oil** using a stick mixer or small food processor. Season to taste with **salt and pepper**. Set aside.



3. COOK THE FLATBREADS

Line an oven tray with baking paper and drizzle with **oil** (to prevent sticking). Pour batter onto tray (see notes). Use a spatula to spread out into a flatbread roughly 0.5cm thick. Sprinkle with **cumin seeds** and **salt**. Bake for 20-25 minutes until crisp around the edges.



4. COOK THE BEEF

Heat a frypan over medium-high heat with **1/2 tbsp oil**. Slice and add onion. Add beef along with **1/2 tsp cumin seeds** and **1 tsp cardamom**. Cook for 8-10 minutes until cooked through. Season to taste with **salt and pepper**.



5. PREPARE THE SALAD

Meanwhile, julienne or grate carrot. Quarter cherry tomatoes and roughly chop mint leaves. Toss together with **1 tbsp vinegar** and **1 tbsp olive oil**.



6. FINISH AND PLATE

Break the flatbreads into pieces. Serve at the table with salad, beetroot dip and beef.