




Product Spotlight: Potatoes


Did you know? Potatoes have 40% less carbohydrates than pasta, 60% more vitamin C than blueberries and 80% more potassium than bananas!



Cevapi with Capsicum Dip and Roasted Potatoes

Homemade cevapi served with oregano roasted potato rounds, fresh cherry tomato salsa and a mild blended capsicum dip.

 35 minutes

 2 servings

 Beef

What is it?

Cevapi is a grilled skinless sausage, found traditionally in south-eastern European countries.

Per serve: **PROTEIN** 38g **TOTAL FAT** 12g **CARBOHYDRATES** 54g

FROM YOUR BOX

MEDIUM POTATOES	3
ROASTED PEPPERS	1 jar
BEEF KOFTA	300g
SHALLOT	1
LEBANESE CUCUMBER	1
CHERRY TOMATOES	200g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, dried oregano, vinegar of choice

KEY UTENSILS

oven tray, griddle pan (or frypan), stick mixer (or small blender)

NOTES

If you like heat, add 1 tsp of chilli flakes to the dip!

Cook koftas on the BBQ if desired.



1. ROAST THE POTATOES

Set oven to 220°C

Thinly slice potatoes. Arrange on a lined oven tray. Toss with **oil, 1-2 tsp oregano, salt and pepper**. Roast for 25 minutes until golden and crispy.



2. MAKE THE CAPSICUM DIP

Using a stick mixer, blend roasted peppers (including liquid from jar), **2 tsp vinegar, salt and pepper** to a smooth consistency (see notes).



3. COOK THE KOFTAS

Re-shape koftas if needed and rub with **oil** and **1 tsp smoked paprika**. Heat griddle pan or frypan (see notes) over medium-high heat. Add koftas and cook, turning, for 10-12 minutes or until cooked through.



4. MAKE THE SALSA

Dice shallot and cucumber. Quarter cherry tomatoes. Toss in a bowl along with **2 tsp olive oil, 1 tsp vinegar, salt and pepper**.



5. FINISH AND SERVE

Divide potatoes, koftas and salsa among plates. Serve with capsicum dip.



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