



Product Spotlight: Feta Cheese

Traditionally feta is made from sheep milk, although it can be made from sheep, goat or cow milk, or any combination of the three.



Feta Beef Koftas

with Turkish Bread Dippers

Juicy beef koftas gently spiced with a Ras el Hanout blend, simmered in a rich tomato stew, and served with warm Turkish bread. A vibrant Middle Eastern-inspired meal perfect for sharing.



35 minutes



4/6 servings



Beef

Switch it up!

Slice the bread open and top with cooked beef mince with spice and onion. Add diced capsicum and crumbled feta cheese before baking in the oven to make Turkish pizzas. Serve with carrot sticks on the side.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	52g/49g	30g/33g	39g/29g

FROM YOUR BOX

	4 PERSON	6 PERSON
PARSLEY	1 packet	2 packets
GARLIC CLOVE	2	2
BEEF MINCE	600g	600g + 300g
BROWN ONION	1	1
RED CAPSICUM	1	2
CARROTS	2	2
RAS EL HANOUT SPICE MIX	1 packet	2 packets
CHOPPED TOMATOES	2 x 400g	2 x 400g
FETA CHEESE	200g	200g
TURKISH LOAF	1	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

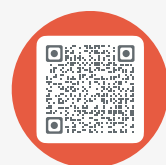
large frypan with lid

NOTES

Add more oil to pan if needed. This will prevent the spice from burning in the pan.

No gluten option - Turkish loaf is replaced with gluten free Turkish rolls.

Ras el Hanout Spice mix: cumin, coriander, paprika, turmeric, allspice and coconut sugar.



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1. PREPARE THE KOFTAS

Set oven to 200°C (optional, for step 5)

Finely chop **parsley stems** (reserve leaves for garnish) and **garlic**. Combine with **beef mince**, **salt** and **pepper**. Form into 1 tbsp size kofta shapes.

6P - add **parsley stems**, **garlic** and **1 tbsp Ras el Hanout spice mix** to koftas.



4. SIMMER THE STEW

Pour in **chopped tomatoes**. Cover and simmer for 8 minutes. Return **koftas** to pan and crumble over **feta** (use to taste). Cover and simmer for 5 more minutes.



2. BROWN THE KOFTAS

Heat a large pan over medium-high heat with **oil**. Cook **koftas** for 5 minutes, turning until sealed on all sides. Remove to a plate.



5. TOAST THE BREAD

Warm **Turkish loaf** in oven or sandwich press until golden and crisp. Slice to serve.



3. SAUTÉ THE VEGETABLES

Slice **onion**, **capsicum** and **carrots**. Add to pan as you go, along with **Ras el Hanout spice** and sauté for 5 minutes until softened and fragrant (see notes).



6. FINISH AND SERVE

Garnish **koftas** with **parsley** (chop if preferred) and serve with **Turkish bread** for dipping.

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