



Beef Kofta Doner-Style Kebabs

with Capsicum Salad, Pickled Cucumber & Garlic Sauce

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Capsicum



Baby Cos Lettuce



Tomato



Cucumber



Ras El Hanout



Fine Breadcrumbs



Flatbread



Beef Mince



Garlic Sauce



Dill & Parsley Mayonnaise

Recipe Update

Unfortunately, this week's chargrilled capsicums were in short supply, so some customers will receive capsicum instead. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 30-40 mins
Ready in: 30-40 mins

What can beat a kebab? Nothing much, especially when you can make your own in six easy steps. They're unstoppable with delicious seasoned beef koftas, capsicum, a tasty garlic sauce and a side of pickled cucumber. Wrap it up all up in a warm flatbread and you've got a yummy meal on the run.

Pantry items

Olive Oil, Red Wine Vinegar, Egg, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
baby cos lettuce	½ head	1 head
tomato	1	2
cucumber	1	2
red wine vinegar*	¼ cup	½ cup
beef mince	1 small packet	1 medium packet
ras el hanout	1 medium sachet	1 large sachet
egg*	1	2
fine breadcrumbs	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
honey*	1 tbs	2 tbs
flatbread	4	8
garlic sauce	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3533kJ (844Cal)	620kJ (148Cal)
Protein (g)	42.9g	7.5g
Fat, total (g)	45.3g	7.9g
- saturated (g)	9g	1.6g
Carbohydrate (g)	64g	11.2g
- sugars (g)	18.7g	3.3g
Sodium (mg)	1314mg	231mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **capsicum**. Roughly chop **baby cos lettuce** (see ingredients) and **tomato**. Thinly slice **cucumber**.
- In a medium bowl, combine the **red wine vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to **pickling liquid**. Add enough **water** to just cover **cucumber**. Set aside.

TIP: Slicing the cucumber very thinly helps it pickle faster!

4



Bake the flatbreads

- Meanwhile, place **flatbreads** on lined oven tray, then brush with **olive oil**. Season with **salt** and **pepper**.
- Bake until warmed through, **4-7 minutes**.

2



Make the koftas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **capsicum**, tossing, until tender, **4-5 minutes**. Transfer to a second medium bowl.
- Meanwhile, combine **beef mince**, **ras el hanout**, the **egg**, **fine breadcrumbs** and the **salt** in a large bowl.
- Using damp hands, roll heaped spoonfuls of **mixture** into meatballs (3-4 per person), then flatten to make 2cm-thick rissoles. Transfer to a plate.

5



Assemble the salad

- To the bowl with the **capsicum**, add a splash of **pickling liquid** and **olive oil**. Season with **salt** and **pepper**.
- Add cos **lettuce** and **tomato** and toss to coat.

3



Cook & glaze the koftas

- Return frying pan to a medium-high heat with a drizzle of **olive oil**.
- Cook **koftas**, turning regularly, until browned and cooked through, **10-12 minutes** (cook in batches if your pan is getting crowded).
- In last minute of cook time, add the **honey** to pan, tossing to coat.

6



Serve up

- Drain pickled cucumber. Cut koftas into halves.
- Divide flatbreads between plates. Top with glazed beef koftas, capsicum salad and pickled cucumber.
- Drizzle over **garlic sauce** and **dill & parsley mayonnaise** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns
2022 | CW46



Rate your recipe

We need your expertise!
Let our Culinary team know what you thought: hellofresh.com.au/rate