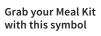


with Capsicum Salad, Pickled Cucumber & Garlic Sauce

TAKEAWAY FAVES











Baby Cos



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*	1/4 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*	1/4 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

<sup>\*</sup>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.



## 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!



#### 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.



# Cook & glaze the koftas

- Return frying pan to a medium-high heat wtih 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.



### 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.



### 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.



## 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!



Rate your recipe