



Honey-Glazed Beef Koftas

with Cherry Tomato Salad & Herby-Garlic Dressing

Grab your Meal Kit
with this symbol



Red Onion



Garlic



Capsicum



Green Beans



Beef Mince



Ras El Hanout



Fine Breadcrumbs



Sesame Seeds



Cherry Tomatoes



Garlic Sauce



Dill & Parsley
Mayonnaise



Spinach & Rocket
Mix



Hands-on: **20-30 mins**
Ready in: **35-45 mins**



Carb smart

Going low-carb? This meal doesn't disappoint. With juicy beef koftas, a refreshing salad and herby dressing, every bite will take you to your happy place.

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
red wine vinegar*	¼ cup	½ cup
garlic	2 cloves	4 cloves
capsicum	1	2
green beans	1 bag (100g)	1 bag (200g)
beef mince	1 small packet	1 medium packet
ras el hanout	1 sachet	2 sachets
fine breadcrumbs	½ packet	1 packet
egg*	1	2
salt*	¼ tsp	½ tsp
sesame seeds	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
cherry tomatoes	1 punnet	2 punnets
garlic sauce	1 medium packet	1 large packet
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
spinach & rocket mix	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2707kJ (646Cal)	470kJ (112Cal)
Protein (g)	39.2g	6.8g
Fat, total (g)	43.8g	7.6g
- saturated (g)	8.4g	1.5g
Carbohydrate (g)	21.3g	3.7g
- sugars (g)	15g	2.6g
Sodium (mg)	643mg	112mg
Dietary Fibre (g)	8.3g	1.4g

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



Pickle the red onion

Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **red wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add it to the **pickling liquid**. Add just enough **water** to cover the **onion** and set aside until serving.

2



Prep the koftas

Finely chop the **garlic**. Thinly slice the **capsicum**. Trim the **green beans** and slice into half. In a medium bowl, combine the **beef mince**, **ras-el hanout**, **garlic**, **fine breadcrumbs** (see ingredients), **egg** and the **salt**. Using damp hands, roll the **beef mixture** into koftas. You should get 3-4 koftas per person.

3



Toast the sesame seeds

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.

4



Cook the kofta

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **koftas**, turning, for **2-3 minutes**, or until browned all over. Add the **capsicum** and **green beans** and cook, tossing, until the veggies are tender and the koftas are cooked through, **6-8 minutes**. Transfer the **capsicum** and **green beans** to a large bowl. Add the **honey** to the pan and turn the **koftas** to coat.

5



Toss the salad

While the koftas are cooking, halve the **cherry tomatoes**. In a small bowl, combine the **garlic sauce**, **dill & parsley mayonnaise** and a splash of **water**. Set aside. Add the **tomatoes** and **spinach & rocket mix** to the bowl with the **capsicum**. Add a drizzle of the **pickling liquid** and **olive oil**. Season and toss to combine.

6



Serve up

Drain the pickled onion. Divide the cherry tomato salad between plates. Top with the pickled onion and honey-glazed beef koftas. Sprinkle over the **sesame seeds**. Serve with the herby-garlic dressing.

Enjoy!