



# Beef Koftas

with Roasted Vegetable Bulgur Wheat and Yoghurt

8

**Family** Hands On Time: 30 Minutes • Total Time: 40 Minutes • Little Heat • 3.5 of your 5 a day



Red Onion



Red Wine Vinegar



Carrot



Ground Cumin



Mint



Bulgur Wheat



Beef Mince



Chermoula Spice



Medium Tomato



Cucumber



Natural Yoghurt

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray, Measuring Jug, Saucepan, Mixing Bowl and Frying Pan.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Red Wine Vinegar (14)	1 sachet	1 sachet	2 sachets
Sugar*	½ tsp	¾ tsp	1 tsp
Carrot**	2	3	4
Ground Cumin	1 small sachet	1 large sachet	2 small sachets
Mint**	1 bunch	1 bunch	1 bunch
Water for the Bulgur*	240ml	360ml	480ml
Bulgur Wheat (13)	120g	180g	240g
Beef Mince**	240g	360g	480g
Chermoula Spice	1 small pot	1 large pot	1 large pot
Medium Tomato	2	3	4
Cucumber**	½	¾	1
Natural Yoghurt (7)**	75g	100g	150g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	587g	100g
Energy (kJ/kcal)	2536 /606	432 /103
Fat (g)	21	4
Sat. Fat (g)	8	1
Carbohydrate (g)	68	12
Sugars (g)	20	3
Protein (g)	35	6
Salt (g)	0.49	0.08

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Pickle the Onion

Preheat the oven to 200°C. Halve and peel the **onion**. Slice **half** of the **onion** as thinly as you can and pop it into a large bowl. Add the **red wine vinegar**, **sugar** (see ingredients for amount) and a pinch of **salt**. Stir to combine, then set aside.



## Chop the Veg

Slice the remaining **onion** into large wedges. Trim the **carrot**, then halve lengthways (no need to peel). Cut into roughly 1cm wide, 5cm long batons. Pop the **carrot** and **onion wedges** onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Sprinkle over the **cumin** and toss to coat. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks), set the **mint** aside.



## Cook the Bulgur

Roast the **veg** on the top shelf of your oven until tender and slightly golden, 18-20 mins. Turn halfway through. Meanwhile, pour the **water** for the bulgur wheat (see ingredients for amount) into a saucepan and bring to the boil. Stir in the **bulgur** and ¼ tsp of **salt**, bring back up to the boil and simmer for one minute. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until it's ready to serve.



## Make the Koftas

Pop the **beef mince** into a large mixing bowl. Add the **chermoula** and **half** the **mint**. Season with **salt** and **pepper**. Mix well to combine then shape the **mince** into 4 balls per person. **IMPORTANT: Remember to wash your hands after handling raw meat!**



## Cook the Koftas

Heat a splash of **oil** in a large frying pan on high heat. Once hot, add the **koftas** and fry until browned all over, 4-5 mins, turning regularly. Once browned all over, lower the heat to medium and cook for 8-10 mins more, turning occasionally. **IMPORTANT: The koftas are cooked when no longer pink in the middle!**



## Make the Salad

In the meantime, chop the **tomatoes** into 1cm chunks. Trim the **cucumber** then quarter lengthways. Chop widthways into small pieces. Add both to the bowl with the **pickled onions**. Add in the remaining **mint** and stir to combine. Once everything is ready, stir the **roasted vegetables** into the **bulgur wheat** and divide between your plates. Pop the **koftas** on top, the **salad** at the side and spoon the **yoghurt** all over. Dig in!

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.