

Spiced Beef Kofta with Eastern-style Veggies

⌚ 30 Mins
Kcal 2560 | P 37 g | C 536 g | F

51g

Quick and Easy Spicy

A flavorful meal of Spiced Beef Kofta served with Eastern-style Vegetables for a vibrant and satisfying dish.



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

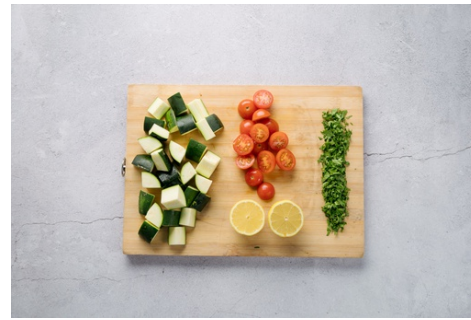
What you'll need

Chopping board, Knife, Mixing bowl, Black pepper, Tablespoon, Cooking pot, Fork, Grill pan, and Oil.

Ingredients (2 persons)

-  Green Zucchini 180GR
-  Red Cherry Tomato 80GR
-  Fresh Lemon 110GR
-  Fresh Parsley 7GR
-  Minced Beef 280GR
- Home Made Ras Al Hout 6GR
-  Panko Bread Crumbs 30GR
-  Smoked Paprika 2GR
-  Couscous 120GR
-  Home Made Vegetable Stock 240ML
-  Butter 15GR
-  Home Made Tomato Sauce 180GR
-  Water 140ML

Method



Prep the Ingredients

Trim and quarter the **zucchini**, chopping it into 2cm pieces; halve **cherry tomatoes** and **lemon**; chop **parsley leaves**.



Prep the Beef

Combine **panko breadcrumbs** with **water** in one bowl. In another, mix **minced beef** with **smoked paprika**, **ras al hout spice**, **salt**, and moistened **breadcrumbs**. Form the mixture into **sausage** shapes, flatten, and skewer each to create **koftas**.



Cook the Couscous

Bring **vegetable stock** to a boil in a pot, stir in **couscous** with **salt**, then cover and remove from heat to steam for 5 minutes. Fluff with **butter**, **lemon juice**, and **parsley**.



Grill the Beef

Heat a grill pan with **oil** over medium heat, and cook **koftas** for 4-6 minutes on each side until done.



Simmer the Sauce

In a separate pan over medium-high heat, char **zucchini** without **oil** for 6-8 minutes, season with **salt**, then add **tomato sauce**, and **water**, and simmer for 3-5 minutes, followed by 4-7 minutes of simmering.



Serve and Enjoy!

Plate **couscous**, top with **cherry tomatoes**, **zucchini** in **tomato sauce**, and two **koftas** per person.

Allergens **Wheat**