

Beef kofta with roasted vegetable salad

Serves 4
Difficulty level: easy
Preparation time: 10 mins
Cooking time: 40 mins

Middle eastern spice mix

2 tsp black pepper
2 tbsp ground cumin
2 tbsp ground coriander
1 tsp of dried mint
2 tsp of salt
1 tbsp of smoked paprika
1/2 tsp of cayenne
1 tsp of onion powder
1 tsp of cinnamon

Combine all the ingredients and store in a small jar in the cupboard or pantry.

Beef kofta

500 g beef mince
1/2 onion grated or diced finely
2 cloves garlic, minced
Handful of fresh parsley and mint chopped
1 egg
1 tbsp tomato paste
2 tsp middle eastern spice mix (as above)
1/4 tsp salt and pepper to taste

For the kofta, combine the beef mince with the onion, garlic, spices, egg and tomato paste and divide into 4 equal portions. Mould the meat onto pre-soaked wooden skewers*. Set the kofta aside in the fridge for at least 10 minutes.

* Soaking the kofta sticks in water for 30 minutes before use will stop them from burning when cooking.

Roasted sweet potato and green bean salad

2 tbsp olive oil
salt and pepper
1 tsp paprika
500 g (approx 2 medium-sized) sweet potato—cut into match sticks
300 g green beans, trimmed
1 red onion sliced, 1 cm rounds
A couple of handfuls of rocket and parsley

Yoghurt mint dressing

3/4 cup of plain yoghurt
1 clove of garlic, minced
1 tablespoon fresh mint minced
Good squeeze of lemon juice
Salt and pepper



Recipe by chef Dominique Rizzo

Preheat oven to 200°C.

Line a large baking tray with paper, toss the sweet potato, beans and onions with the olive oil, paprika and salt and pepper and spread onto half of the tray. Bake for 10 minutes.

Remove tray from oven, add the kofta skewers to the tray, and drizzle with a little oil. Bake for an additional 20 minutes, until kofta are cooked through.

Mix ingredients for the mint yoghurt dressing. Serve the kofta with the sweet potato chips and a salad of the beans, onions, rocket and yoghurt mint dressing.

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