



READY TO COOK
BY HARRIS FARM

BEEF KOFTA WITH FATTOUSH SALAD AND BABA GHANOUSH



PREP
20 min



COOK
35 min



SERVES
4

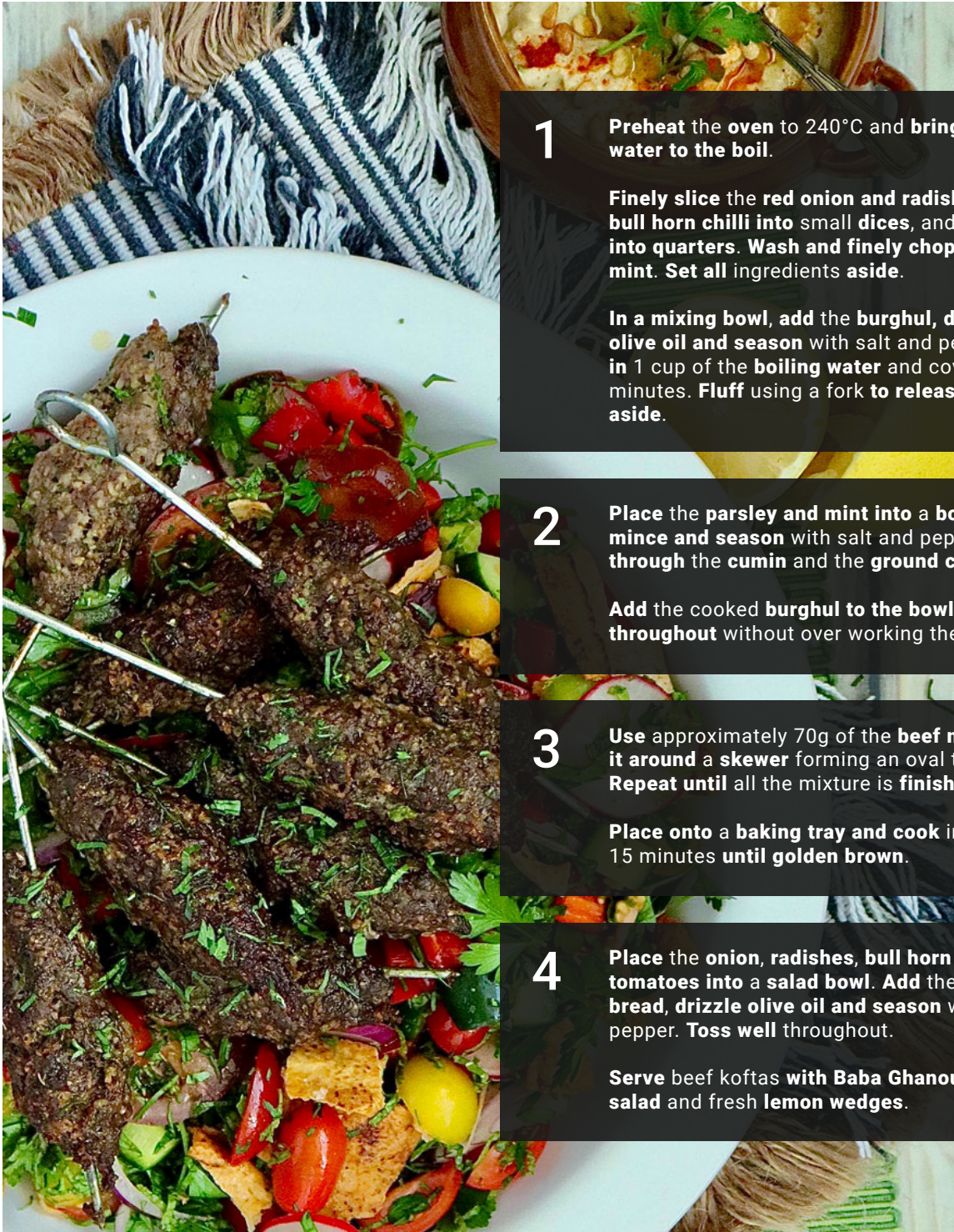
INGREDIENTS:

- > 500g Beef Mince
- > 1 Cup Burghul
- > ½ Parsley Bunch
- > ½ Mint Bunch
- > ½ Red Onion
- > 1 Red Bull Horn Chilli
- > 450g Heirlooms Tomatoes
- > 3 Radishes
- > 1 Lemon
- > 100g Pita Crisps
- > 250g Baba Ghanoush

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 1 Tsp Ground Cumin
- > 1 Tsp Ground Coriander Seeds

METHOD - GET COOKING!



1

Preheat the oven to 240°C and bring a kettle with water to the boil.

Finely slice the red onion and radishes, cut the red bull horn chilli into small dices, and the tomatoes into quarters. Wash and finely chop the parsley and mint. Set all ingredients aside.

In a mixing bowl, add the burghul, drizzle some olive oil and season with salt and pepper. Pour in 1 cup of the boiling water and cover for 10-15 minutes. Fluff using a fork to release steam and set aside.

2

Place the parsley and mint into a bowl, add the mince and season with salt and pepper. Sprinkle through the cumin and the ground coriander seeds.

Add the cooked burghul to the bowl and mix throughout without over working the mince meat.

3

Use approximately 70g of the beef mixture, press it around a skewer forming an oval type of shape. Repeat until all the mixture is finished.

Place onto a baking tray and cook in the oven for 15 minutes until golden brown.

4

Place the onion, radishes, bull horn chilli and tomatoes into a salad bowl. Add the crispy pita bread, drizzle olive oil and season with salt and pepper. Toss well throughout.

Serve beef koftas with Baba Ghanoush, Fattoush salad and fresh lemon wedges.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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