

# LET'S GET COOKING!

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USING INGREDIENTS FROM



## BEEF KOFTA WITH TABOULI, ROASTED LEMON POTATOES & YOGURT

### GRAB YOUR SUPPLIES:

#### Tabouli

- 1 bunch of parsley chopped
- ½ bunch of mint chopped
- 1 large tomato diced into cubes
- ½ a cucumber chopped into bite-sized pieces
- Juice of a ½ of a lemon
- 2 cloves of garlic
- 2 slices of dill pickles diced (Optional)
- 2 tbs olive oil
- 1 tsp salt
- 1 tsp pepper

#### Kofta

- 1 to 1 ½ pound ground beef
- 3 cloves of garlic, minced
- ½ white onion diced
- ½ bunch of parsley
- 3 tsp sumac spice
- 1 tsp cumin
- 1 tsp coriander
- 2 tsp salt
- 1 tsp black pepper

#### Yogurt

- 300 mls of yogurt
- Juice of ½ a lemon
- ¼ cup chopped mint
- 2 tsp sumac
- 1 clove garlic minced

#### Lemon potatoes

- 4 fingerling potatoes cut in half lengthwise
- Juice of ½ a lemon
- 1 tsp salt
- 1 tbs olive oil

## TABOULI

1. Ok, first things first we are going to want to roughly chop the parsley & mint.
2. Take your time here as you aren't going to want big leaves of herbs while eating so try to get it chopped fairly finely. Add to a large bowl.
3. Next up, add in the tomatoes, cucumbers, garlic, lemon juice, pickles, olive oil, salt, and pepper.
4. Mix salad together and taste for seasoning. Need more salt? Lemon juice?
5. Feel free to adjust to your taste!

## YOGURT

1. Add all ingredients to a small bowl and mix.

## KOFTA

1. In a bowl add beef and the rest of the ingredients. Using your hands or a spatula, mix everything together.
2. Form tube shape "patties". You can also press meat onto a wooden skewer if you plan on grilling the meat.
3. Turn pan or grill on to medium-high heat. Once the temperature has been reached, place kofta down and sear each side. This will take 5-7 minutes total.
4. Remove from grill and let rest for 3 mins

## LEMON POTATOES

1. Turn oven on to 375 F.
2. Place halved potatoes, cut side down, on a baking sheet.
3. Season potatoes with salt and drizzle with olive oil
4. Place in oven for 30-35 mins or until nicely browned
5. Remove from oven, place in bowl, and toss with lemon juice.