



Keto

## Keftedes & Zhoug Yoghurt

with Feta and Kale Salad

**Cook time:** 20-25 mins | **Servings:** 2 or 4 portions | Mild Spice

**Carbs**

7.7g

**Protein**

45.0g

**Fat**

54.8g

**Calories**

705 Kcal

**5-a-day**

1 portion

**Typical Values Per Serving**



## Before you start

Wash your hands before and after prep. Wash fruit and veg but not meat. Check ingredient packaging names match those stated on the recipe card.

Make sure you've got a bowl, baking tray and baking paper.

## Ingredients

Ingredients	2 people	4 people
Beef Mince**	300g	600g
Shawarma Seasoning Mix	1 sachet	2 sachets
Radish**	100g	200g
Feta Cheese** 7)	100g	200g
Kale**	100g	200g
Zhoug Style Paste	1 sachet	2 sachets
Greek Style Yoghurt** 7)	75g	150g
Pumpkin Seeds	15g	30g
<b>Pantry</b>	<b>2 people</b>	<b>4 people</b>
Salt for the Mince*	¼ tsp	½ tsp
Olive Oil for the Kale*	1 tbsp	2 tbsp
Oil for Cooking*	1 tbsp	2 tbsp

\*Not Included \*\* Keep in the Fridge

Typical Values	Per serving	Per 100g
for uncooked ingredient	381g	100g
Energy (kJ/kcal)	2950 / 705	775 / 185
Fat (g)	54.8	14.4
Sat. Fat (g)	21.4	5.6
Carbohydrate (g)	7.7	2.0
Sugars (g)	4.9	1.3
Protein (g)	45.0	11.8
Salt (g)	2.42	0.64

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal)

## Allergens

### 7) Milk

There may be last-minute changes to ingredients, of which we will always notify you by email.

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


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.

## How to Contact Us

If you have any questions, our customer care team is available 7 days a week, 9:00am to 10:00pm, **on 020 4538 1121 or via the chat function on the website**

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## Now, let's get cooking!



Preheat your oven to 220°C/200°C fan/gas mark 7. In a medium bowl, add the **beef mince**, **shawarma spice mix** and **salt** (see pantry). Season with **pepper**. Using your hands, mix everything together until very well combined. Shape the **mixture** into evenly sized balls, 5 per person, and place onto a lined baking tray.



Lightly coat the **keftedes** in **oil**. Bake on the middle shelf until browned on the outside and cooked through, 15-18 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. The keftedes are cooked when no longer pink in the middle.*



Meanwhile, trim and thinly slice the **radishes**. Cut the **feta** into 1cm cubes.



Destalk the **kale** and discard the stems (they're too tough to eat). Slice the leaves widthways into 8-10 ribbons and then place in a large bowl. Mix with the **olive oil for the kale** (see pantry) and a good pinch of **salt**. Soften the leaves by massaging them with your fingers for 1-2 mins. Add the **radishes** and **feta** to the **kale** and toss.



In a small bowl, mix together the **zhoug paste** and **Greek style yoghurt**.



Serve the **feta and kale salad** with the **keftedes** on top. Drizzle over the **zhoug yoghurt** and garnish with **pumpkin seeds**.

Enjoy!



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