



Beef Koftas & Couscous Salad

with Tzatziki & Roasted Pepper Relish



35min



2 Servings

| This version of the recipe is customized with ground beef.

What we send

- 3 oz couscous ²
- 1 oz walnuts ³
- 4 oz tzatziki ^{4,3}
- 1 cucumber
- ¼ oz fresh dill
- ¼ oz ras el hanout
- 10 oz pkg grass-fed ground beef
- 2 (2 oz) roasted red peppers

What you need

- kosher salt & ground pepper
- garlic
- olive oil
- red wine vinegar (or apple cider vinegar)
- 1 large egg yolk ¹

Tools

- small saucepan
- medium skillet

Cooking tip

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Allergens

Egg (1), Wheat (2), Tree Nuts (3), Milk (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

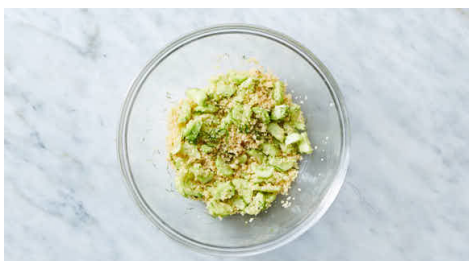
Nutrition per serving

Calories 850kcal, Fat 53g, Carbs 45g, Protein 40g



1. Cook couscous

In a small saucepan, bring **½ cup water** and **a pinch of salt** to a boil. Stir in **couscous**, then cover and remove from heat. Let stand 5 minutes. Fluff with a fork, then transfer ½ cup to a plate to cool; reserve for step 5. Set remaining 1¼ cups couscous aside for step 4.



4. Make cucumber salad

Trim and discard ends from **cucumbers**; peel, halve lengthwise, and thinly slice into half-moons. Pick **dill fronds** from **stems**; finely chop stems and coarsely chop fronds, keeping them separate. In a medium bowl, combine **1¼ cups couscous**, **cucumbers**, **half of the dill fronds**, **2 teaspoons vinegar**, and **1 tablespoon oil**. Season to taste with **salt** and **pepper**.



2. Prep ingredients

Heat a medium skillet over medium. Add **walnuts**, then cook, stirring, until toasted, 4-5 minutes. Transfer to cutting board. Reserve skillet for step 6. Peel and finely chop **1 teaspoon garlic**. Pat **roasted peppers** dry.



5. Season & shape koftas

In a 2nd medium bowl, combine **beef**, **reserved ½ cup couscous**, **remaining dill fronds and stems**, **1 teaspoon ras el hanout**, **1 large egg yolk**, **½ teaspoon salt**, and **a few grinds pepper**. Form mixture into 4 oval patties.



3. Prep relish & tzatziki

Finely chop together **walnuts**, **roasted peppers**, and **½ teaspoon of the garlic**; transfer to a small bowl (or finely chop in a food processor). Stir in **1 tablespoon oil** and **1 teaspoon vinegar**; season with **salt** and **pepper**.

In a 2nd small bowl, stir to combine **tzatziki** and remaining chopped garlic; season to taste with **salt** and **pepper**.



6. Cook koftas & serve

Heat **1 tablespoon oil** in reserved skillet over medium. Add **koftas** and cook until browned and cooked through, about 6 minutes per side.

Spoon **tzatziki** and **cucumber salad** onto plates. Top **tzatziki** with **koftas**, and spoon **red pepper relish** over top. Drizzle with **olive oil**. Enjoy!