

DINNERLY



PR Beef Sfiha, with tahini sauce
and tomato & cucumber salad



ca. 30min



2 personen

WAT JE VAN ONS KRIJGT

- 1 zoete aardappel
- 1 rode ui
- 3 tomaten
- 250g rundergehakt
- 2 zakjes Noord-Afrikaanse kruidenmix
- 1 rol pizzadeeg ¹
- 50g tahin ¹¹
- 1 komkommer

WAT JE THUIS NODIG HEBT

- teen knoflook
- peper en zout
- 45ml olijfolie
- 22½ml azijn

KOOKGEREI

- oven met bakplaat
- dunschiller
- keukenrasp
- garde

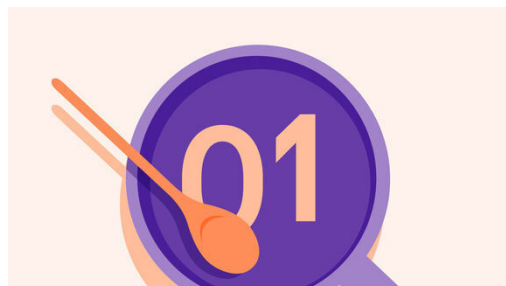
Vergeet niet je versproducten van tevoren grondig te wassen. Voornamelijk de bladgroenten en slabladeren kunnen kleine steentjes bevatten.

ALLERGENEN

gluten (1), sesamzaad (11). Kan sporen van andere allergenen bevatten.

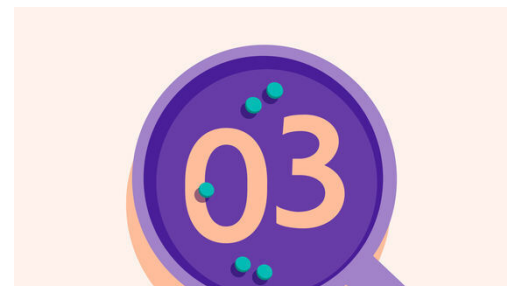
VOEDINGSWAARDE PER PORTIE

calorieën 0kcal



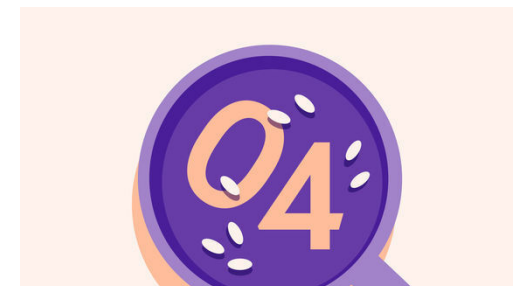
1. Prep ingredients

Preheat the oven to 240°C (220°C fan). Peel and coarsely grate the sweet potato. Halve, peel and finely dice the onion. Peel and finely chop 1 garlic clove. Rough chop 1 tomato. Add the sweet potato, onion, garlic, chopped tomato and beef mince to a bowl. Season with the spice mix, 1Tbsp of olive oil, ½tsp of salt and a large pinch of pepper. Knead to combine everything.



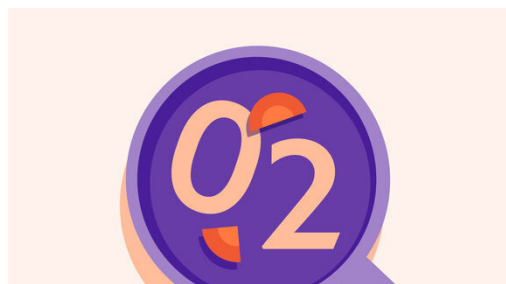
2. Prepare sfihas

On a baking tray, roll out the dough with the paper facing down. Cut the dough into 6 equal squares. Divide the mince mix equally across the 6 squares, leaving free 1–2cm towards the edges. Grabbing 2 adjacent sides of a square, fold them up and pinch them together, leaving an open gap in the middle. Repeat with the other 2 sides, creating a square with walled edges and pointy corners.



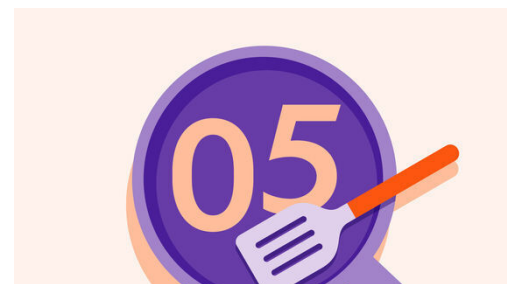
3. Bake sfihas

Bake the sfihas in the oven for 10–14min., until the dough is golden brown and the mince mix fully cooked.



4. Make tahini sauce

Meanwhile, mix together the tahini with ½Tbs of light vinegar. It will start to thicken very fast. Slowly whisk in some water until the sauce can run off a spoon, 2–3Tbsp of water. Season to taste with a pinch of salt and pepper.



5. Make salad and assemble

In a medium bowl, combine 2Tbsp of olive oil, 1Tbsp of vinegar and a large pinch of salt and pepper. Whisk until the dressing is emulsified. Quarter the cucumber lengthwise, then cut into 0.5cm pieces. Cut the remaining tomatoes into 0.5–1cm wedges. Mix the cucumber and tomatoes with the dressing. Enjoy the sfihas with the tahini dip and the side salad.



6. Tip

To complete this experience head to your local Arabic bakery, before cooking, and get some Baklava. Enjoy this wonderful dessert with a cup of strong black tea.