

DINNERLY



Keto-Friendly Mediterranean Beef Kofta

with Chopped Salad & Garlic Sauce



under 20min



2 Servings

Once the smell of this aromatic, cumin-spiced beef wafts through your kitchen...you know it's go time. These savory nuggets pair perfectly with a crisp salad and a creamy garlic sauce, but the best part about it? It's ready to serve in under 20 minutes. We've got you covered!

WHAT WE SEND

- ¼ oz ground cumin
- 2 plum tomatoes
- 1 romaine heart
- 2 (1 oz) sour cream¹
- 1 oz Kalamata olives
- 10 oz pkg grass-fed ground beef

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or white wine vinegar)
- garlic

TOOLS

- rimmed baking sheet

ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 630kcal, Fat 44g, Carbs 12g, Protein 33g



1. Make kofta

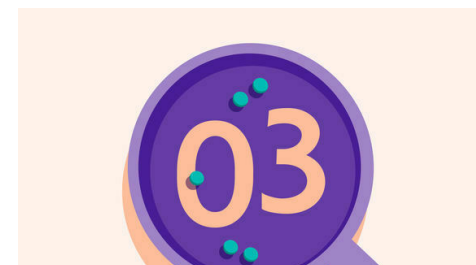
Preheat broiler with a rack in the upper third.

Finely chop 1 **tablespoon garlic**. In a medium bowl, mix **beef**, **half of the chopped garlic**, **2 teaspoons cumin**, **½ teaspoon salt**, and **a few grinds of pepper** until just combined (do not over mix). Divide mixture into 6 balls; form into 2-inch logs with tapered ends (like a football).



2. Broil kofta

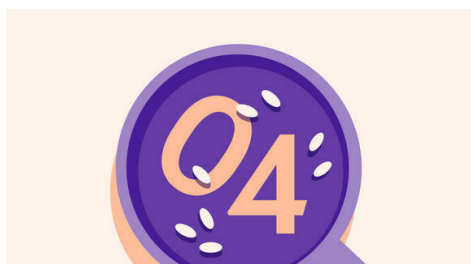
Lightly **oil** a rimmed baking sheet. Add **kofta** and drizzle **oil** over top. Transfer to upper oven rack and broil until well browned and cooked through, 8–10 minutes (watch closely as broilers vary).



3. Cut tomatoes & lettuce

Meanwhile, halve **tomatoes** lengthwise, then cut crosswise into ½-inch thick half-moons.

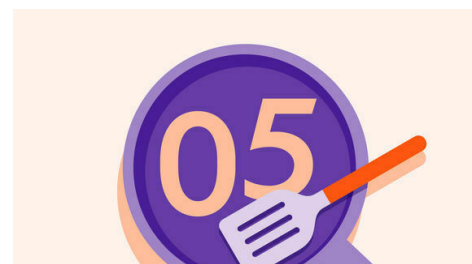
Cut or tear **lettuce** into 1-inch pieces, discarding stem end.



4. Make garlic sauce & salad

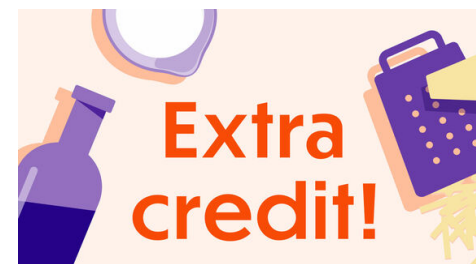
In a small bowl, whisk to combine **all of the sour cream**, **remaining chopped garlic**, and **2 tablespoons water**. Season to taste with **salt** and **pepper**.

In a separate large bowl, whisk to combine **3 tablespoons oil**, **2 tablespoons vinegar**, and **a pinch each of salt and pepper**. Add **lettuce** and **tomatoes**; toss until evenly coated.



5. Serve

Serve **chopped salad** with **kofta** over top. Garnish with **olives** and **a drizzle of garlic sauce**. Enjoy!



6. Take it to the next level

Give this beef kofta extra Mediterranean vibes by serving it with crumbled feta cheese and toasted pita bread.