



Beef Kofta Lettuce Wraps

with Cucumber Salad & Creamy Tahini



30min



2 Servings

You can find spiced ground meat koftas throughout the Middle East, but this high-protein, low-carb meal is perfect anytime, anywhere! We season grass-fed ground beef with a warm baharat spice blend. Soft butter lettuce leaves wrap the koftas with creamy tahini sauce, sumac-spiced onions, and a paper-thin cucumber-mint salad. Make a lettuce wrap and eat with your hands—these are finger-licking good!

What we send

- 1 red onion
- 1 cucumber
- 1 head butter lettuce
- ¼ oz sumac
- 1 oz tahini ²
- 2 (1 oz) sour cream ¹
- ½ lb pkg falafel
- ¼ oz baharat spice blend ²
- ¼ oz fresh mint
- garlic

What you need

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

Tools

- box grater
- microplane
- rimmed baking sheet

Allergens

Milk (1), Sesame (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 600kcal, Fat 37g, Carbs 20g, Protein 35g



1. Prep vegetables

Halve **onion** lengthwise. Into a medium bowl, coarsely grate 1 onion half; thinly slice remaining half. Use a vegetable peeler to shave **cucumber** into wide ribbons, turning 90 degrees once you reach seeds (peel first, if desired). Pick **lettuce leaves** from stem; rinse under cool water, then pat dry. Wrap in a damp towel and set aside until ready to serve.



4. Mix koftas

Preheat oven to broil with a rack in the top position. To the bowl with **grated onion**, finely grate **1 large garlic clove**. Add **beef**, **2 teaspoons baharat spice**, **remaining sumac**, and **½ teaspoon each of salt and pepper**; knead until well combined.



2. Marinate onions

In a medium bowl, combine **sliced onions**, **2 teaspoons each sumac, vinegar, and oil**, and **½ teaspoon salt**. Use your hands to massage seasonings into onions. Set aside until step 6.



5. Broil koftas

Divide **kofta mixture** into 6 balls; form into 3-inch logs with tapered ends (like a football). Transfer to a lightly oiled rimmed baking sheet. Broil koftas on upper rack until well browned and cooked through, 5-6 minutes (watch closely as broilers vary).



3. Make creamy tahini

Into a small bowl, finely grate a **small garlic clove**. Add **tahini**, **sour cream**, and **¼ teaspoon vinegar**; whisk to combine. Whisk in **water**, 1 teaspoon at a time, until a smooth and creamy sauce has formed. Season to taste with **salt** and **pepper**.



6. Finish & serve

Pick **mint leaves** from stems; tear leaves in half if large (discard stems). In a medium bowl, toss **cucumbers** with **mint** and **1 teaspoon each vinegar and oil**; season lightly with **salt** and **pepper**. Serve **koftas** with **cucumber salad**, **sumac onions**, **tahini sauce**, and **lettuce** for wrapping. Enjoy!