



Spiced Beef Köftes & Smoked Aubergine Abagannuc with Greek Style Cheese and Parsley

A Taste of Turkey 30-35 Minutes • 1 of your 5 a day

1A

Find all your unchilled
Market items in bag A.



Garlic Clove



Aubergine



Flat Leaf Parsley



Roasted Spice
and Herb Blend



Breadcrumbs



British Beef Mince



Smoky Base Paste



Greek Style
Salad Cheese



Turkish köftes are thought to date back to the 15th century Ottoman Empire and were a popular royal dish at the time. Abagannuc, or baba ghanoush, is a traditional Turkish mezze dish known for its smoky flavours caused by charring the aubergine on an open flame. Layering Spiced Beef Köftes over a bed of Smoked Aubergine Abagannuc creates a mezze dish that's packed full of flavour and irresistibly tasty.

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Aluminium foil, baking paper, baking tray, garlic press, bowl, kitchen scissors and blender.

Ingredients

Ingredients	Quantity
Garlic Clove**	4
Aubergine**	1
Flat Leaf Parsley**	1 bunch
Roasted Spice and Herb Blend	1 sachet
Breadcrumbs 13)	10g
British Beef Mince**	240g
Smoky Base Paste	½ sachet
Greek Style Salad Cheese** 7)	50g

Pantry	Quantity
Salt for the Breadcrumbs*	¼ tsp
Water for the Breadcrumbs*	1 tbsp
Olive Oil*	3 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	307g	100g
Energy (kJ/kcal)	2143 /512	698 /167
Fat (g)	37.4	12.2
Sat. Fat (g)	13.6	4.4
Carbohydrate (g)	14.9	4.9
Sugars (g)	4.9	1.6
Protein (g)	33.1	10.8
Salt (g)	2.16	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Score the Aubergine

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Pop **half** the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Roast the parcel until soft, 10-12 mins.
- Meanwhile, halve the **aubergine** lengthways, keeping the stem attached. Score the flesh deeply in a criss-cross pattern, taking care not to cut through the skin.



Into the Oven

- When the **aubergine** has 15 mins remaining in the oven, pop the **köftes** onto a large baking tray and bake on the middle shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The köftes are cooked when no longer pink in the middle.
- Once your **aubergine** has finished cooking, scoop out the flesh and discard the skin.
- Once the **roasted garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.



Roast and Prep

- Put the **aubergine halves**, skin-side down, onto a large lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**.
- When the oven is hot, roast the **aubergine** on the top shelf until golden brown and soft, 25-28 mins.
- In the meantime, peel and grate the remaining **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).



Blend your Abagannuc

- Add your **aubergine**, **roasted garlic**, **half** the **smoky base paste** and **half** the **Greek style salad cheese** to your blender. **TIP:** Keep the remaining smoky base paste for another recipe.
- Blend, gradually adding in the **olive oil** (see pantry for amount). **TIP:** The dip should be a houmous-like consistency. Depending on the size of your aubergine, you may not need all of the olive oil or you may need slightly more, so add it in slowly.
- Season with **salt** and **pepper** if needed.



Make your Köfte Mixture

- In a large bowl, combine the **roasted spice and herb blend**, **breadcrumbs**, the **grated garlic** and **half** the **parsley** with the **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **beef mince**.
- Season with **pepper** and mix together with your hands. Shape into **8 mini sausage** shapes. Flatten to make **köftes**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Serve

- Spread your **abagannuc** onto a serving plate.
- Top with your **baked köftes**.
- Crumble over the remaining **Greek style salad cheese** and sprinkle over the remaining **parsley** to finish.

Enjoy!