

**OVERALL time: 70 mins**

# TAPAS 3 WAYS - BEEF KOFTA BITES

If you're looking for a dish that's bursting with flavor yet simple to prepare, look no further than Beef Kofta Bites. These bite-sized delights are a fun and savory twist on the traditional Middle Eastern kofta. Whether you're hosting a party, preparing a family meal, or looking for a tasty snack, beef kofta bites are perfect for any occasion.

Metric

**Number of servings : 4**

## ingredients

### For the Tabbouleh Salad

- 100 ml Bulgar wheat
- 2 Large ripe tomatoes, finely diced
- 1 Bunch of parsley, roughly chopped
- 1 Bunch of mint, roughly chopped
- 2 Sprint onions, sliced
- 30 ml Olive Oil
- 30 ml Sherry Vinegar

### For the Tahini

- 100 ml Tahini
- 100 ml Water
- To taste **Cape Herb and Spice Tall Seasoned Salt**

### For the Flatbread

- 250 g Plain Yoghurt
- 150 g Self raising flour
- 5 ml **Cape Herb and Spice Atlantic Sea Salt**

### For the Koftas

- 500 g Beef Mince
- 1 White onion, finely diced
- 1 Bunch of parsley, roughly chopped

- 15 ml **Cape Herb and Spice Texan Steakhouse Rub**
- Wooden or metal skewers

#### **For cooking**

- Olive oil

## **THIS IS WHAT YOU WILL NEED TO DO**

**PREP TIME: 30 mins | COOKING TIME: 40 mins**

For the salad:

Cook the bulgur wheat according to package instructions.

Once completely cool, combine it with all the fresh ingredients.

Only just before serving, dress the salad with olive oil, vinegar and Cape Herb & Spice Seasoned Salt.

For the tahini sauce:

Place tahini in a bowl and slowly drizzle in the water, whisking until smooth.

*Not all brands of tahini are the same thickness so use just enough water to get a nice pourable sauce.*

Season well with Cape Herb & Spice Seasoned Salt, to taste.

For the flatbread:

Combine the ingredients in a large mixing bowl and mix until a dough forms.

Turn out onto a lightly floured work surface and knead until it comes together nicely.

Divide dough into 10 small balls.

Preheat air fryer to 200°C.

Drizzle olive oil onto a large baking tray.

Working in batches, stretch dough into little oval flatbreads and place on an oiled tray.

Turn flatbreads over so both sides are well coated with olive oil.

Transfer to the air fryer and cook in batches for 7 minutes until deeply golden.

For the koftas:

Combine all ingredients in a mixing bowl.

Mix thoroughly.

Use your hands to mould about a heaped tablespoon of mixture per kofta.

Slide skewers through the centre of the meat.

Brush the koftas with olive oil and cook on a hot griddle pan, turning once they release easily.

*(You can also cook the koftas in the air fryer at 180°C for 10 minutes)*

To serve:

Drizzle a little tahini sauce on the flatbreads.

Top with tabbouleh salad.

Add a kofta and then finish with an extra drizzle of tahini sauce.

Serve on a platter and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>

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