

# Mediterranean Beef Skewers

*with Roasted Shokichi Squash & Yogurt Sauce*

These delectable beef skewers are our take on kofta, a popular Middle Eastern street food of spiced meatballs or patties. We're dressing ours up with the vibrant flavors of the Mediterranean coast, including delicate pine nuts and sweet golden raisins. Serving the patties on wooden skewers makes them perfect for dipping into our refreshing mint-yogurt sauce. (Chefs, when adding them to the pan, be sure to carefully lift the patties—not the wooden skewers!) Garlic-infused rice and roasted shokichi squash—a sweet and petite variety—make for hearty sides.

## Blue Apron Wine Pairings

Vandenberg Shiraz, 2014

Cubic Cabernet Sauvignon, 2014



## Ingredients

- 1½ Pounds Ground Beef
- 8 Wooden Skewers
- 1 Cage-Free Farm Egg
- ¾ Cup Basmati Rice
- ½ Cup Plain Greek Yogurt
- 4 Cloves Garlic
- 1 Lemon
- 1 Shokichi Squash
- 1 Bunch Mint
- 1 Large Bunch Parsley

## Knick Knacks

- 3 Tablespoons Golden Raisins
- ⅓ Cup Panko Breadcrumbs
- ¼ Cup Pine Nuts

**Makes:** 4 servings | **Calories:** about 685 per serving

**Prep Time:** 15 minutes | **Cook Time:** 35–45 minutes



# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/fp358](https://blueapron.com/recipes/fp358)

1



## Prepare the ingredients & make the yogurt sauce:

Preheat the oven to 450°F. Wash and dry the fresh produce. Cut off and discard the squash ends; using a knife, carefully peel, then halve. Scoop out and discard the pulp and seeds; cut the squash into 1-inch-wide wedges. Peel and mince the garlic. Roughly chop the pine nuts. Finely chop the parsley leaves and stems. Pick the mint off the stems; discard the stems and finely chop. Quarter and deseed the lemon. In a bowl, combine the **yogurt, mint and the juice of 2 lemon wedges**; season with salt and pepper to taste.

2



## Roast the squash:

Place the **squash** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 30 to 32 minutes, or until browned and tender when pierced with a fork. Remove from the oven. Top with **the juice of the remaining lemon wedges** and a drizzle of olive oil.

3



## Make the garlic rice:

Once the squash has roasted for about 10 minutes, in a small pot, heat 2 teaspoons of olive oil on medium-high until hot. Add **half the garlic**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **rice, a big pinch of salt** and **1½ cups of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 14 to 16 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork; set aside in a warm place.

4



## Toast the pine nuts:

While the rice cooks, heat a large, dry pan (nonstick, if you have one) on medium-high until hot. Add the **pine nuts**. Toast, stirring occasionally, 1 to 2 minutes, or until lightly browned and fragrant. Transfer to a large bowl. Wipe out the pan.

5



## Assemble the skewers:

While the rice continues to cook, to the bowl of **toasted pine nuts**, add the **ground beef, breadcrumbs, raisins, egg, remaining garlic** and **half the parsley**; season with salt and pepper. Gently mix to combine. Using your hands, form into 8 oval-shaped patties, each about 1 inch thick. Transfer to a plate. Working 1 at a time, insert the ends of the **skewers** through the patties. Season with salt and pepper.

6



## Cook the skewers & serve your dish:

While the rice continues to cook, in the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Working in batches if necessary, carefully add the **assembled skewers**. Cook, loosely covering the pan with foil, 5 to 6 minutes per side, or until browned and cooked through. Transfer the cooked skewers, **roasted squash** and **garlic rice** to serving dishes. Garnish the rice with the **remaining parsley**. Serve with the **yogurt sauce**. Enjoy!