

# Mediterranean Beef Skewers

*with Roasted Shokichi Squash & Garlic Rice*

These delectable beef skewers are our take on kofta, a popular Middle Eastern dish of spiced meatballs or patties. We're dressing ours up with the vibrant flavors of the Mediterranean coast, including the sweetness of golden raisins. Serving the patties on wooden skewers makes them perfect for dipping into our tangy labneh, a yogurt-like cheese. (To keep the patties intact when adding them to the pan, be sure to carefully lift the patties themselves, not the wooden skewers!) Garlic rice and roasted shokichi squash—a thick-skinned, orange-fleshed variety—make for simple, 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 Jasmine Rice
- 4 Cloves Garlic
- 2 Shokichi Squash

## Knick Knacks

- 3 Tablespoons Golden Raisins
- 1 Tablespoon Red Wine Vinegar
- ⅓ Cup Panko Breadcrumbs
- ¼ Cup Labneh Cheese

**Makes:** 4 servings

**Prep Time:** 15 minutes | **Cook Time:** 25–35 minutes

1



### Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Peel and finely chop the garlic. Cut off and discard the squash ends; using a knife, carefully peel, then halve. Using a spoon, scoop out and discard the pulp and seeds; cut the squash into 1-inch-wide wedges.

2



### Make the garlic rice:

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 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork. Transfer to a serving dish and set aside in a warm place.

3



### Roast & dress the squash:

While the rice cooks, 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 22 to 24 minutes, or until browned and tender when pierced with a fork. Remove from the oven. Top with **half the vinegar** and a drizzle of olive oil.

4



### Assemble the skewers:

While the squash roast, in a large bowl, combine the **ground beef, breadcrumbs, raisins, egg** and **remaining garlic**; season with salt and pepper. Gently mix to combine. Using your hands, form the mixture 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.

5



### Cook the skewers:

While the squash continue to roast, in a large pan (nonstick, if you have one), 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.

6



### Season the labneh & serve your dish:

While the skewers cook, in a bowl, combine the **labneh** and **remaining vinegar**; season with salt and pepper to taste. Transfer to a serving dish. Transfer the **cooked skewers** and **roasted squash** to a serving dish. Serve with the **garlic rice** and seasoned labneh on the side. Enjoy!