



RECIPE | PEPPERS

MIDDLE EASTERN KOFTA CASSEROLE

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Recipe created by *Eaman Almalky*



INGREDIENTS

1lb Pure Flavor® Aurora Bites Mini Sweet Peppers, sliced into quarters lengthwise

For the Kofta:

1lb lean ground beef

1 cup fresh parsley, finely chopped

1 onion, finely chopped

1 tsp black pepper

1 tsp salt

For the tomato sauce:

1½ cups strained tomato sauce

1 cup hot water

1 bouillon cube

2 garlic cloves, crushed

1 tsp black pepper

1 tsp salt

DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 In a large bowl, mix kofta ingredients and shape into 2" meatballs. Place and arrange the meatballs in a greased casserole dish and bake in the oven for 15 minutes until meatballs are slightly browned, but not cooked all the way through.
- 3 In a small bowl, dissolve the bouillon cube in hot water then add the remaining tomato sauce ingredients and whisk together.
- 4 Add sliced peppers on top of the kofta meatballs. Pour the tomato sauce over kofta meatballs and pepper. Bake covered for 20 minutes, then remove cover and bake for another 5 minutes. Sprinkle with chopped parsley and enjoy! Optional: serve warm with rice of choice.



55 min

10 min
PREP.

45 min
COOKING



4



easy