

# Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



## Beef Kibbeh with Roasted Pumpkin Hummus

Ingredients Serves 4

Olive oil	½ tsp ground cinnamon
600g peeled pumpkin, cut into 2cm pieces	2 tsp ground cumin
40g bulgur wheat (burghul cracked wheat)	400g, can chickpeas, rinsed and drained
500g extra lean minced beef	1 tbsp water
1 small onion, very finely chopped	2 tbsp lemon fresh juice
2 tbsp fresh mint leaves, finely chopped, plus handful whole leaves	1 cucumber, chopped
2 tsp lemon rind, finely grated	250g cherry tomatoes, halved
1 tsp ground allspice	Lemon wedges to serve

### Method

Preheat the oven to 200°C. Line a baking sheet with greaseproof paper and place the pumpkin on the top. Drizzle over some olive oil and roast for about 25 minutes or until tender.

Meanwhile place the bulgur wheat in a heatproof bowl and cover with boiling water. Set aside for 10 minutes to soak then drain well.

Kibbeh - Combine the bulgur wheat, mince, onion, chopped mint, lemon rind, allspice, cinnamon and 1tsp cumin into a large bowl. Season with salt and pepper. Shape into 12 evenly sized balls. Heat a large non-stick frying pan and sprinkle with olive oil. Add the kibbeh and cook turning for 6-8 minutes or until cooked through.

Hummus - Meanwhile in a food processor process the chickpeas, water, 1 tbsp lemon juice, half the pumpkin and remaining cumin until smooth. Taste and season with salt and pepper.

Salad - Combine the cucumber, tomato, extra mint and remaining pumpkin and lemon juice in a bowl.

Serve the kibbeh with the hummus, salad and lemon wedges. Add some flat breads for a more substantial meal.

Per portion

Protein 39g

Kcals 381

Carbs 29g

Fat 9g

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