Beef Kofta Bowls with Herbed Bulgur, Roasted Cauliflower & Lemon-Tahini

A hearty, fresh bowl with seasoned beef, fluffy bulgur, golden cauliflower and a bright tahini drizzle.



YIELD	PREP	COOK
2 servings	15 minutes	25 minutes

INGREDIENTS

- 1/2 cup dry bulgur wheat
- 3/4 cup water
- 4 cups cauliflower florets (about 1 small head)
- 1 tablespoon olive oil, divided
- 12 ounces 90/10 lean ground beef
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/2 teaspoon kosher salt, divided
- 1/4 teaspoon black pepper
- 1/4 cup finely chopped fresh parsley, divided
- 1 teaspoon finely grated lemon zest
- 2 tablespoons tahini
- 1 tablespoon fresh lemon juice
- 1 teaspoon honey
- 2-3 tablespoons warm water
- 1/2 cup diced cucumber
- 1/2 cup halved cherry tomatoes

DIRECTIONS

1. Heat oven to 425°F. Toss cauliflower with 2 teaspoons oil and 1/4 teaspoon salt. Roast 20-22 minutes, turning once, until browned and tender.
2. Rinse bulgur. Combine with water in a small saucepan; bring to a boil, cover and simmer on low 12-15 minutes, or follow package directions. Rest covered 5 minutes, then fluff.
3. Mix beef with cumin, coriander, paprika, garlic powder, remaining 1/4 teaspoon salt, pepper and 2 tablespoons parsley. Shape into six small oval kofta.
4. Heat remaining 1 teaspoon oil in a skillet over medium heat. Cook kofta 4-5 minutes per side until browned and the center reaches 160°F.
5. Whisk tahini, lemon juice, honey and 2 tablespoons warm water until pourable; thin with more water if needed. Stir remaining parsley and lemon zest into bulgur. Divide bulgur, cauliflower, cucumber, tomatoes and kofta between two bowls; drizzle with sauce.

JANE’S NOTE

The beef is the main protein, while bulgur makes the bowl feel like a full meal. I keep the sauce separate from the portion I save so the vegetables and grains stay fresh.

MAKE-AHEAD & STORAGE

Refrigerate components in a covered container for up to 3 days, keeping cucumber, tomatoes and tahini sauce separate. Reheat kofta, bulgur and cauliflower until hot; add fresh vegetables and sauce after reheating.