



LAMB KOFTAS – SERVES 4

Lamb koftas make a really easy, cheap and simple dish. Delicious served with wholemeal pitta breads, crispy salad and natural yoghurt.



INGREDIENTS

500g lamb mince
1 tsp cumin seeds
2 tsp coriander seeds
2 garlic cloves
1 tsp fresh mint
Olive oil for cooking

ALLERGENS

None

DIETARY COMPONENTS

Lamb is considered one of the better red meats that you can eat; it has several health benefits as a result of its many nutrients, including the high levels of protein.

EQUIPMENT

Mixing bowl
Knife
Chopping board
Teaspoon
Garlic press
Fish slice
Griddle/Frying pan
Weighing scales
Mortar and pestle

METHOD

1. Weigh the lamb mince and place into a mixing bowl.
2. Using a mortar and pestle, grind the cumin and coriander seeds to a fine powder, then add to the lamb.
3. Peel, then crush the garlic and add in to the mixing bowl.
4. Finely chop the mint and add to the other ingredients. Combine using your hand.
5. Divide the kofta mixture equally into 16 and roll into balls.
6. Thread the koftas onto a kebab stick if cooking on the BBQ or alternatively, heat the frying pan, add a little oil and cook for 6-8 minutes or until thoroughly cooked.
7. Koftas should be served hot, and are delicious with wholemeal pitta, crispy salad and a dollop of natural yoghurt.