



Koftas

Ingredients

- 1 small onion
- 1 clove of garlic
- 1/2 red chilli
- 200g lamb mince
- 1 x 5ml spoon cumin
- 1 sprig of parsley, mint and coriander

Equipment

Two chopping boards, two knives, fork, food processor, flour dredger, skewers.

Method

1. Peel the onion and cut in half.
2. Peel the garlic.
3. Cut off the top of the chilli and remove the seeds.
4. Put the onion, chilli and garlic into the food processor and blitz together.
5. Add the mince, cumin and herbs, then blitz together.
6. Sprinkle a little flour onto a chopping board, then divide and shape the mixture into 8 balls.
7. Thread the meat balls onto the skewers.
8. Carefully place the skewers onto a grill pan.
9. Grill for 10-15 minutes, turning occasionally to ensure even cooking. (The meat balls should be thoroughly cooked – no pink.)
10. Serve in a pitta with salad.

Top tips

- ◆ If you don't have a food processor, prepare the onion, chilli and garlic by hand. Mix everything together in a mixing bowl.
- ◆ If you are using wooden skewers soak them in water before using them so they don't burn under the grill.
- ◆ Try serving with low fat hummus or tzatziki.
- ◆ The grill pan gets hot, remember to use oven gloves.

Skills

Bridge hold	Measuring	Using the grill	Using the food processor	Mixing
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