



Middle Eastern Koftas

Serves 4-6 people. Koftas can be made a day before and refrigerated to be cooked the following day¹. Cooked koftas can be stored in the fridge for up to 3 days for a great lunchbox snack!

Ingredients

400g minced lamb
150g onion, finely chopped
100g grated carrot
2 large cloves of garlic, crushed
50g toasted pine nuts, roughly chopped (set aside a little for final garnish)
Large handful of flat-leaf parsley, finely chopped (set aside a little for garnish)
½ tsp chilli flakes
1 tsp ground cumin
½ tsp ground cinnamon
½ tsp ground allspice
¼ tsp ground nutmeg
1 tsp ground black pepper
1 tsp salt
Vegetable oil for frying

Instructions

Preheat the oven to 200C (395F).

Combine all ingredients (apart from the vegetable oil and garnishes) in a large mixing bowl.

Mix together the ingredients using your hands and ensure everything is well combined. Take a handful of the mixture - about the size of a golf ball - and press together. Compress the ball into a rectangle-like sausage shape (about 8cm long) and lay onto a large plate. Repeat this step until all of the mixture has been shaped into rectangle sausages.

Transfer the plate of koftas to the fridge and allow to firm up for 5 minutes.

Warm the oil in a griddle or frying pan until glossy. Transfer the koftas to the pan, allowing at least 1cm space between them (fry in batches if needed). Cook for 3 minutes on each side and transfer to a baking tray.

Transfer the tray to the middle shelf of the oven and cook for 2-4 minutes.

Serve immediately with rice, salad² or rolled up in a pita bread with thinly sliced vegetables.

¹ TOP TIP: Raw onion and lamb mince should not be mixed and stored for too long as it affects the colour of the koftas. If you need to prepare the koftas in advance, lightly cook the onions in a little oil for a few minutes and cool fully before adding to the kofta mix.

² Courgette, carrot & feta salad: Preheat oven 200C; Roast carrots 20-30 minutes; Warm a frying pan with Tbsp oil & fry courgette on each side until golden-brown; Mix together 3 Tbsp olive oil, 2 Tbsp lemon juice & 1 Tbsp pomegranate molasses to make dressing; Combine coriander, mint, feta, roasted carrots and courgette; Pour over dressing