Lamb Koftas and yoghurt dressing

SERVES: 4 | PREP TIME: 15 minutes | COOK TIME: 10 minutes | APPROXIMATE COST: £4.50

INGREDIENT



1 onion, peeled and finely diced
2 garlic cloves, peeled and crushed/chopped
2 tsp ground cumin
Chilli flakes, to taste (optional)
500g minced lamb
2 tbsp chopped parsley leaves
(dried will also work)
2 tbsp chopped mint leaves
(dried will do, but also work without)
Salt and freshly ground black pepper
(to taste, leave out salt if you like)
Juice of ½ a lemon

For the dressing
Small bunch of mint, leaves only (leave out if you don't have)
½ tsp cumin
2–3 tbsp natural yoghurt
Freshly ground black pepper
1 tbsp lemon juice

METHOD

Mix together all the ingredients until well blended.
Divide into eight balls.
Roll each ball on a board with a cupped hand to turn them into ovals.
Thread onto four metal skewers and brush with oil.
To cook on a griddle: spray or coat pan with a little oil.
Heat the pan until you can feel a good heat rising and cook for 3-4 mins each side.
Don't turn until they are well sealed (brown) or the meat will stick to the grill or pan.
Koftas can also be cooked under a grill.
Set aside.
Serve the koftas with yogurt dressing, pitta or flat breads and a mixed salad

HANDY TIPS

Roll the lamb mixture into pieces the size of golf balls and flatten them into patties about 1 cm thick. Place on a plate drizzled with a little oil, and then grilled or fried instead of using skews.