



LAMB KOFTAS

WHAT YOU NEED

- 500g minced lamb (10% fat)
- 1 onion
- 1 small pack of coriander (30g)
- 1 teaspoon ground cumin
- salt and pepper
- olive oil
- 150g Greek yogurt
- small bunch of fresh mint leaves
- small tub of hummus (200g)
- flatbreads



HOW TO MAKE IT

Chop the onion as small as you can. Chop the coriander. Mix both into the minced lamb and add the ground cumin and salt and pepper. Fry in olive oil until they are brown. Start with the oil hot and turn it down to finish, until they are cooked through.

To make the minty yogurt, chop the mint finely and stir into a small tub of yogurt with a pinch of salt. Warm the flatbreads, top with rainbow slaw*, two or three koftas, a dollop of minty yogurt and some hummus on the side.

TIP 😊

You can also make beef koftas - just use 500g minced beef (5% fat). Both are delicious cooked on the barbecue. You can keep some koftas in the freezer to cook another day.

*To make rainbow slaw, see our separate recipe.

