

Koftas

Ingredients

1 small onion
1/2 red chilli
200g lamb mince or beef mince
1 clove of garlic
1 sprig of parsley, mint and coriander
1 x 5ml spoon cumin
Range of salad ingredients for serving
2 pitta breads or tortilla wraps



Nutrition:

Koftas (Greek meatballs) served in a pitta with salad provide a good balanced meal that includes all sections of the eatwell guide.

Vegetarian alternatives for this dish could be to have falafel instead of meatballs.

Equipment

Chopping boards (red and green), knife, fork, food processor, skewers.

Method

1. Preheat oven to gas 7/ 220°C
2. Peel the onion and cut in half.
3. Peel the garlic.
4. Cut off the top of the chilli and remove the seeds.
5. Put the onion, chilli and garlic into the food processor and blitz together.
6. Add the mince, cumin and herbs, then blitz together.
7. Sprinkle a little flour onto a red chopping board, then divide and shape the mixture into 8 balls.
8. Thread the meat balls onto the skewers.
9. Carefully place the skewers onto a baking tray.
10. Bake for 15-20 minutes. (The meat balls should be thoroughly cooked – no pink.)
11. CLEAN AS YOU GO
12. Prepare salad
13. Serve in a pitta with salad.

Safety Points

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.