Kofta curry

Soft, spiced meatballs simmered in an onion and tomato curry. Kids love them, and they're easy to make ahead.

Serves 4 **Prep** 25 min **Cook** 45 min

Ingredients

For the koftas

- 600g beef or lamb mince, about 15 to 20% fat
- 1 small onion, grated and squeezed dry
- 1 tsp ginger paste
- 1 tsp garlic paste
- 1 tsp garam masala
- 1 tsp salt
- 2 tbsp gram flour or breadcrumbs
- 1 handful fresh coriander, finely chopped

For the curry

- 5 tbsp oil
- 2 onions, finely chopped
- 1 tbsp ginger paste
- 1 tbsp garlic paste
- 3 tomatoes, chopped
- 1 tsp turmeric
- 1 tsp chilli powder
- 2 tsp ground coriander
- 1 tsp salt
- 100g plain yoghurt
- 1 tsp garam masala

> **Ask at the counter for**
> 600g beef or lamb mince, about 15 to 20% fat

Method

1. Mix all the kofta ingredients well with your hands and roll into 20 walnut-sized balls. Chill them while you make the sauce.
2. Heat the oil and fry the onions for 10 to 12 minutes until golden. Add the ginger and garlic and fry for 1 minute.
3. Add the tomatoes, turmeric, chilli, coriander and salt and cook for 8 minutes until the oil separates. Stir in the yoghurt and 400ml of hot water and bring to a simmer.
4. Lower the koftas in one by one. Don't stir for the first 10 minutes, just shake the pan gently, so they firm up without breaking.
5. Cover and simmer for 20 minutes more, turning the koftas once. Sprinkle with garam masala and serve with rice or naan.

Tips

- Wet your hands to roll the koftas. They won't stick.
- A boiled egg, halved, in each bowl makes it a nargisi-style treat.