



Lamb kofta kebabs

Middle Eastern lamb kofta with cumin, cinnamon and fresh parsley, grilled until charred and served with a cool garlic and mint yoghurt.



Serves 4

Prep 20 min

Cook 12 min

Ingredients

600g lamb mince, about 20% fat

1 small onion, grated and squeezed dry

2 garlic cloves, crushed

1½ tsp ground cumin

1 tsp ground coriander

½ tsp ground cinnamon

1 tsp sweet paprika

1 tsp salt

1 handful fresh parsley, finely chopped

For the yoghurt

200g thick plain yoghurt

1 garlic clove, crushed

1 tbsp fresh mint, chopped, or 1 tsp dried

1 pinch salt

Ask at the counter for

600g lamb mince, about 20% fat

Method

1. Mix the mince with the onion, garlic, spices, salt and parsley, and knead for 2 minutes until it holds together. Chill for 30 minutes.
2. Wet your hands and shape the mixture into 8 sausages around flat skewers, or into small patties.
3. Grill over hot coals or under a hot grill for 10 to 12 minutes, turning every few minutes, until charred and cooked through with no pink in the middle.
4. Stir together the yoghurt ingredients and serve with the koftas, flatbreads, salad and pickles.

Tips

- Beef mince works too, or half lamb and half beef.

