

Koftas

Ingredients

- 1 small onion
- 1 clove of garlic
- 1/2 red chilli
- 200g lamb mince
- 1 x 5ml spoon cumin
- 1 sprig of parsley, mint and coriander



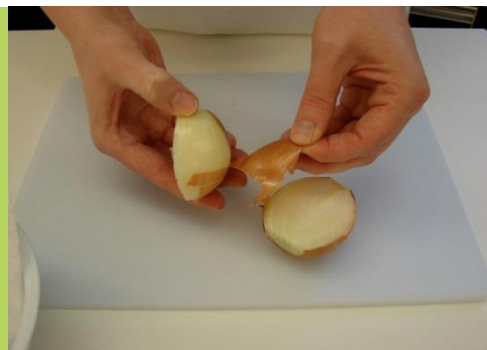
Equipment

- Chopping boards
- Knife
- Fork
- Food processor
- Flour dredger
- Skewers



Method

1. Peel the onion and cut in half.



2. Peel the garlic.



3. Cut off the top of the chilli and remove the seeds.



4. Put the onion, chilli and garlic into the food processor and blitz.



Method

5. Add the mince, cumin and herbs and blitz together.



6. Sprinkle a little flour onto a chopping board, then divide and shape the mixture into 8 balls.



7. Thread the meat balls onto the skewers.



8. Carefully place the skewers onto a grill pan.



Method

9. Grill for 10-15 minutes, turning occasionally to ensure even cooking. The meatballs should be thoroughly cooked – no pink.



10. Serve in a pitta with salad.

