

Authentic Lamb Kofta



Ingredients

500g lamb mince	2 tsp ground coriander
1 tbsp olive oil	1/2 tsp paprika
1 small red onion, grated	1/2 tsp salt
2 cloves garlic, finely diced	1/2 tsp black pepper
1/4 cup breadcrumbs	1/2 tsp ground cinnamon
2 tbsp fresh mint, finely chopped	1 tsp tomato paste
3 tsp ground cumin	Tzatziki, plus grilled flatbreads and salad, to serve

Directions

Step 1 – In a large bowl, mix together all of the ingredients until well combined. Chill the meat mixture for at least one hour. In the meantime, if you are using wooden skewers, soak them in water for at least one hour to prevent burning.

Step 2 – With wet hands, gently shape the meat mixture around the skewers to form an even log shape, each around 10 – 12 cm long. Refrigerate the skewers while you preheat the BBQ.

Step 3 – Preheat the BBQ to medium – high heat (200° to 220°C). Ensure the grills are clean and ready for direct cooking.

Step 4 – Brush the kofta with olive oil and cook for 8 – 10 minutes, turning regularly, until charred and cooked through.

Step 5 – Remove the kofta from the BBQ, cover loosely with foil and allow to rest for 10 minutes. While the kofta are resting, grill the flatbreads on the BBQ to warm through. Serve immediately.

