

Beef Kofta Skewers



Ingredients

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| 700g good quality minced beef | Pita breads for serving |
| 1 egg | Fresh parsley, red onion, tomato and cucumber, tossed |
| 1/2 brown onion, very finely chopped | Greek yoghurt or tzatziki to serve |
| 1/2 bunch fresh parsley, finely chopped | |
| 2 tsp salt | |
| 2 tsp smoked paprika | |
| 1 tsp ground coriander | |
| 1 tsp ground cumin | |
| 1 tsp garlic powder | |
| 1/2 tsp turmeric | |
| 1/2 tsp ground cinnamon | |

Directions

Step 1 – In a large bowl, mix together the minced beef, egg, onion, parsley, salt, paprika, coriander, cumin, garlic powder, turmeric and cinnamon. Divide the mixture into 8 equal portions and shape into long sausage shapes. Thread each portion onto a skewer and squeeze the meat to ensure it sticks to the skewer.

Step 2 – Prepare the BBQ for direct cooking over medium heat (180 - 200°C). Ensure the grills are clean.

Step 3 – Brush each kofta lightly with olive oil and place onto the grill. Close the BBQ lid and cook the koftas for around 12 minutes, turning after 5 minutes, until the internal temperature of the koftas reaches at least 75°C.

Step 4 – Remove the koftas from the grill and serve immediately, alongside the pita bread, salad and dressing.

