



BBQ KAFTA

INGREDIENTS

500g minced lamb (low fat)
½ large onion
½ bunch flat-leaf parsley
½ tsp dry or fresh mint
¼ kafta spice
¼ tsp black pepper
½ tsp sea salt

METHOD

Place the onion in a food processor and pulse for a few seconds, then add the parsley and mint and pulse until evenly distributed. Add the spices.

Place the mixture in a bowl, add the minced lamb and mix well with your hands.

Dip your hands in cold water to prevent the meat from sticking and mould into sausage-shapes.

Place on a barbecue or grill and cook evenly on all sides until they're golden-brown.

NOTE: Either roll the kafta on skewers to make them easier to handle and turn, or use tongs for turning them.