



Lamb Koftas

Serves	4
Prep Time	5 mins
Cooking Time	10 mins



Ingredients

- 500gms lamb mince
- 2 Tbspns finely chopped mint (or 2 tspns fresh)
- 1- 2 cloves garlic, crushed
- 1 teaspoon ground coriander
- Salt, pepper to taste

Method

1. Preheat non-stick pan, griddle or bbq to a medium – high heat.
2. Combine all ingredients in a bowl and mix well to combine (hands work best)
3. Shape into small sausage shapes (or balls if you prefer).
4. Cook for about 3 – 4 minutes on each side, or until cooked through.

Serving Suggestions

- Serve whole, or crumbled with flatbreads or pita pockets, tabbouleh- and some Lebanese dips – like tzatziki, hummus or baba ghanoush.

Recipe Tips:

- You can prepare the koftas ahead of time, cover and refrigerate.
- You can freeze the koftas cooked or uncooked – defrost in the fridge overnight before cooking.