

## Beef or Lamb Kofta



**Ingredients (serves 6-8):** 800g beef mince (or 400g beef / 400g lamb mince), 1 small onion (chopped finely), 2 cloves garlic, 50g toasted pine nuts, 30g chopped parsley, 1 red chilli, 1-2 tsp of ground cinnamon, 1 tsp pimento, 1 tsp ground nutmeg, 1-2 tsp ground black pepper, 1-2 tsp salt.

**Sauce:** 150g light tahini\*, 3 tsp lemon juice, 120ml water, 1 clove garlic, 30g unsalted butter, paprika.

\*To make your own tahini simply dry bake sesame seeds in the oven for c.10 mins and then blend with olive oil until forms a smooth paste.

**Preparation:** 45 mins- 1 hr plus cooking time

1. Put all of the ingredients for the kofta in a large bowl and mix well.
2. Take 1 tbsp of mix at a time and roll into a Kofta shape (wet your hands first so that the mix doesn't stick to your fingers. Once done put the Kofta in the fridge to chill before cooking.

3. Meanwhile prepare the sauce by blending the tahini, water, lemon juice, garlic and salt. It should be nice and runny so add extra water if it looks too thick. Preheat the oven to 200C ready for the Kofta.
4. Take the kofta and lightly fry in olive oil in a large pan until golden for c. 5-6 minutes and then transfer into an oven dish.
5. Place the Kofta into the oven to finish cooking for a further 2-4 minutes. Then pour over the tahini sauce mix and pop back in the oven for a final 1-2 minutes.
6. Sprinkle some extra pine nuts and parsley over to serve.

#### Preparation Guide:



#### Serving suggestions & Accompaniments:

1. Serve with Pitta bread / flat bread
2. Hummus or a Tahiti yoghurt & mint dip
3. Mixed salad.