

Delicious Dinners

Turkish Delight!



Lamb Koftas with yoghurt dressing

Serves 4

Ingredients:

250g lean minced lamb
½ onion (finely chopped)
Handful parsley (finely chopped)
½ tsp ground coriander
½ tsp cumin
Pinch cinnamon
20g fresh bread crumbs
1 tbsp pine nuts (finely chopped)
1 egg
Olive oil (for frying)

For the dressing:

200g Greek-style yoghurt
Handful mint (finely chopped)
½ lime

Equipment:

Chopping board
Knife
Mixing bowl
Baking sheet
Frying pan
2 small bowls
Kitchen paper

Method:

1. Using your hands, combine the lamb, onion, parsley, coriander, cumin, cinnamon, bread crumbs and pine nuts
2. Crack the egg into the small bowl and lightly whisk
3. Gradually add the egg until the meat mixture reaches a workable consistency
4. Form the mixture into small balls
5. Heat the oil in a frying pan and cook the balls until cooked through
6. Once cooked, place the koftas on kitchen paper to remove the excess oil
7. Squeeze the lime juice into the other bowl and mix with the yoghurt and mint
8. Serve with pitta bread, a green salad and the yoghurt dressing on the side