



Family Recipes

Lamb Koftas with Chickpeas

Ingredients

- 500g lamb mince
- 2 x 400g tinned chickpeas, drained & rinsed
- 1 ½ tsp fennel seeds
- 1 ½ tsp garam masala
- 2 tbsp pine nuts, chopped
- 2 tbs olive oil
- 80g Greek yoghurt with 2 tbsp tahini

Method

1. Pre-heat oven to 180°C/160°C fan/gas 4
2. Use a pestle & mortar to crush the fennel seeds. In a large bowl, combine the crushed seeds, lamb and garam masala. Divide the mixture into eight equal egg shaped koftas
3. Tip the chickpeas into an ovenproof dish, season to taste (we used paprika) and put in the oven while you fry the koftas gently for 5 mins
4. Remove the chickpeas from the oven, add the koftas to the dish and return to the oven for 15 minutes
5. Serve the koftas and chickpeas with pitta bread topped with yoghurt