



SPICED LAMB KOFTAS



SERVINGS:
4 ADULTS



TIME:
40 MINS



DIFFICULTY:
EASY



COST:
££££

Ingredients:

- 500g lamb mince
- 2 x 400g tinned chickpeas, drained & rinsed
- 1/2 tsp fennel seeds
- 1 tsp garam masala
- 2 tbsp pine nuts, finely chopped
- 1 tsp paprika
- 1 tbsp of olive oil
- 80g Greek yoghurt
- 2 tbsp tahini
- 4 pitta bread

Method:

1. Pre-heat your oven to 180c/160c fan/gas 4
2. Use a pestle & mortar (or a rolling pin) to crush the fennel seeds
3. In a large mixing bowl, combine the fennel seeds, lamb mince, chopped pine nuts & garam masala
4. Divide the mixture into eight equal sized egg shaped balls (koftas)
5. Tip the chickpeas into an ovenproof dish with 1 tsp of paprika & put in the oven while you fry the koftas
6. Heat 1 tbsp of the oil in a frying pan over a medium heat. Add the koftas & fry for 5 mins, turning occasionally, until evenly browned
7. Remove the chickpeas from the oven, add the koftas to the dish & return to the oven for 15 minutes
8. Serve the koftas & chickpeas in pitta bread with the tahini & yoghurt.