



Lamb Kofta

Serves 2

Prep time: 5 minutes

Cooking time: 20 minutes

Per portion

Calories: 232

Fat: 14g

Saturates: 5.8g

Carbs: 0.6g

of which sugars: 0.1g

Fibre: 0.5g

Protein: 28.6g

Salt: 1.2g

Ingredients:

- 280g lean Lamb mince
- 1 ½ tsp ground cumin
- 2 tbs fresh coriander leaves, finely chopped
- 2 cloves of garlic, peeled and finely chopped
- ¼ tsp dried chilli flakes
- Pinch of salt
- pinch of black pepper

Instructions:

Place all of the ingredients into a non-metallic bowl and mix together so everything is evenly combined.

Divide into 6 portions and shape into a sausage shape

Heat a frying pan to hot and add the koftas. Cook for 4-5 minutes on each side.

Serve hot or cold. These are great served with a light herby salad and flatbreads