



FRAGRANT Lamb

KOFTAS

Fragrant Lamb Koftas - Serves 4

INGREDIENTS

800g lamb belly minced
1 onion diced, and sautéed until soft
Zest of one lemon
1 tsp toasted cumin seeds
1 tsp coriander seeds
2 tsp salt
2 tsp cracked black pepper
1 tsp ras el hanout
4 garlic cloves, finely grated
2 tbsp chopped parsley
1 tbsp chopped Coriander
1 tsp mint sauce

SLAW

1 large head of fennel, sliced thinly
1 white onion, thinly sliced
¼ white cabbage, finely shredded
2 green chillies, finely sliced
20 leaves of mint roughly torn
4 tbsp Greek yoghurt
½ tsp turmeric
the juice of 1 lime
the juice of 1 lemon
100g pomegranate seeds
8 wooden skewers soaked in water for 30 minutes

METHOD

1. In a pestle and mortar grind the spices and salt together until you have a fine spice mix
2. Then add to the mince, along with the cooked and cooled onions, garlic, ras el hanout, mint sauce and herbs in a large mixing bowl. Season well with salt and pepper and mix up well with your hands.
3. Divide the mix into 8 and roll into 8 sausage shaped kofta's.
4. Lay onto a lined tray and chill in the fridge for one hour, so they firm up.
5. While the kebabs are chilling, mix the fennel, onion, chilli and lime and lemon juice in a large bowl. Toss together and stir in the yoghurt, turmeric, pomegranate seeds and mint
6. Season with a little salt and pepper and keep to one side.
7. When you are ready to cook the kebabs remove them from the fridge and place them on the edges of the coals on your BBQ. You want a medium heat to cook these kofta's as they tend to release some fat so it's best not to have them over direct flame. Cook them for around 8 minutes turning regularly.
8. When they are cooked, serve them on a platter with the fennel and chilli slaw alongside.