

LAMB KOFTAS WITH YOGHURT SAUCE



Traffic light category: **Green**

Serves: 30 small koftas

Ingredients

Koftas

- 3 tablespoons coriander seeds
- 3 tablespoons cumin seeds
- 1.5kg minced lean lamb
- 2 onions, finely chopped
- Juice and zest of 3 lemons
- 1 handful of parsley, chopped
- 10 sprigs of thyme, chopped
- Freshly ground salt and black pepper
- ¼ cup extra-virgin olive oil
- 30 small pita pocket breads

Yoghurt sauce

- 1½ cups Greek yoghurt
- 1 small handful of mint, finely chopped
- 1 small handful of parsley, finely chopped
- Juice of ½ lemon

Method

1. Reheat oven to 180°C
2. Dry fry the coriander and cumin seeds in small frying pan over medium heat until fragrant, remove from heat and grind in a mortar and pestle
3. Place spices, lamb, onion, lemon zest, lemon juice, herbs and salt and black pepper in a large bowl, mix everything together with your hands
4. Divide mixture into 30 equal balls, place on tray lined with grease proof paper, brush with oil
5. Place in oven for 15 - 20 minutes
6. Mix all ingredients for yoghurt sauce together in a small bowl
7. Serve koftas with Indian flat breads, tabbouleh and yoghurt sauce.

*Recipe adapted with permission from the
Western Australian School Canteen Association Inc.*

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