

simple kofta (meat balls) & yogurt sauce



Kofta is a popular dish made from grilled ground beef or lamb served throughout the Middle East, but also in South & Central Asia. The recipe varies between the regions, usually in relation to the spices used, whether rice or bulgur is added and with vegetarian versions.

prep time 20 min	cook time 20-25 min grilled; 45 min in oven	serves you and friends	category contains meat
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things you need

3 lbs **lamb or beef**
(minced/ground fine)
1 large **onion**, finely chopped

½ cup **fresh parsley**, chopped
salt & pepper, to taste

here's how

- 1 Finely chop onion and parsley
- 2 Add onions and parsley to ground beef in a large bowl
- 3 Form the mixture into small balls and place five balls onto a skewer. Shape the meat into a cigar shape on the skewer.
- 4 Bake at gas mark 4/180C for 45 minutes, or if grilling, grill for 20-25 minutes or until done
- 5 Serve over bed of (white) rice, accompanied by the yogurt sauce (recipe below) for dipping, OR
- 6 Serve on flatbread/pita bread (remove skewers) with the yogurt sauce

helpful notes

- To save time, use a food processor to finely chop the onion and parsley
- Adjust the amount of meat, onions & parsley proportionally to make less or more.

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This tangy fresh yogurt sauce is the perfect accompaniment to koftas. It also is delicious for dipping pita bread, veggies or try using it a sauce on fish or a burger.

prep time 10 min	cook time no cooking	serves you and friends	Category D
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things you need

1 cucumber ¼ cup fresh dill 1-2 cloves garlic	2 cups whole milk yogurt or greek-style yogurt salt & pepper, to taste
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here's how

- 1 Peel the cucumber and remove the seeds by scooping them out with a spoon. Dry the cucumber well before dicing into medium cubes.
- 2 Chop the leaves of the dill and discard the stems
- 3 Mince or press the garlic into very small pieces
- 4 Place the cucumber, dill, garlic and salt and pepper to taste in a bowl large enough to fit about four cups of ingredients
- 5 Pour the yogurt on top of the ingredients and mix well

helpful notes

- This can be stored in the fridge for up to one week, covered