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Recipe: Lamb Kofta Wraps



Ingredients

1 large shallot or small onion
3 fat cloves of garlic
1 red chilli
A small handful of fresh mint
500g lamb mince
2 heaped teaspoons of ground cumin
2 heaped teaspoons of ground coriander
Half a teaspoon of ground allspice
Salt and black pepper
A tablespoon of lemon juice
Olive oil
A small handful of parsley
4 soft tortilla wraps
Baby salad leaves eg. lambs lettuce, rocket and sp
Cherry tomatoes
For the sauce: 8 tablespoons thick Greek yoghurt
2 cloves of garlic
A quarter of a cucumber
A few sprigs of fresh mint
2 teaspoons of lemon juice
Servings
4
Person

Preparation

- 1 Peel and finely chop the shallot, garlic and red chilli then finely chop the mint leaves. Pulse all in a food processor with half of the lamb mince.
- 2 Place into a large bowl with the rest of the meat, add the cumin, coriander, allspice and lemon, season well with salt and black pepper then mix well.
- 3 Roll a spoonful of the mix into a ball with floured hands then form into a short, fat cylinder. Repeat until all the mixture is used, about 22 koftas.
- 4 Place on a plate and leave to chill in the fridge for at least 30 minutes.

- 5 Peel and deseed the cucumber, chop into small pieces and mix in a small bowl with the yoghurt. Add the crushed garlic, chopped mint and lemon juice.
- 6 Mix the yoghurt sauce together, cover and place to chill in the fridge.
- 7 Chop the parsley very finely and mix with a splash of olive oil in a shallow bowl. Roll each kofta briefly in the bowl to coat with oil and parsley.
- 8 Heat a little oil in a griddle or frying pan and cook the koftas in 2 or 3 batches for 5-7 minutes until cooked through, turning to cook all sides.
- 9 Fill each folded tortilla wrap with salad leaves and halved tomato then add 5 or 6 lamb koftas. Serve with a small bowl of yoghurt and cucumber sauce.

Cooks Note

Koftas are to be found in many countries, including parts of Asia, the Middle East, Greece and the Balkans and take many forms, but usually consist of ground meat, either beef, lamb, mutton or chicken, with the addition of spices, herbs and onions. This easy kofta recipe includes minced lamb, garlic and shallots, spiced with cumin, coriander and allspice, stuffed into a soft tortilla wrap with sliced tomato and salad leaves, all served with a cooling cucumber and yogurt sauce. Perfect for a summer lunch or barbecue!
