Koftas

Ingredients
1 small onion
½ red chilli
200g lamb mince
1 clove of garlic
Fresh herbs: parsley, mint and coriander
1 x 5ml cumin

Equipment
Chopping boards, knife, fork, food processor, flour dredger, skewers.

Method
1. Peel the onion and cut in half.

2. Peel the garlic.

3. Cut off the top of the chilli and remove the seeds.

4. Put the onion, chilli and garlic into the food processor and blitz.

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5. Add the mince, cumin and herbs and blitz together.

6. Put onto a chopping board, then divide and shape the mixture into 4 sausages.

7. Thread the meat balls onto the skewers.

8. Carefully place the skewers onto a grill pan.

9. Grill for 10-15 minutes, turning occasionally to ensure even cooking. (The meat balls should be thoroughly cooked – no pink.).

10. Serve in a pitta with salad.

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