

Mixed Beef & Lamb Kofta

Recipe from Claire Sambolino
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	682 kj	8%
Energy (kcal)	183 kcal	8%
Fat	8.8 g	13%
<i>of which saturates</i>	2.9 g	15%
Carbohydrate	2.2 g	1%
<i>of which sugars</i>	1.4 g	2%
Fibre	1.4 g	6%
Protein	18 g	36%
Salt	0.25 g	4%

Generated by Nutritics v5.62 on 7th Feb 2021

Ingredients (Serves 8-10 portions):

800g lean beef mince (or 400g beef / 400g lamb mince (10%fat)
1 small onion, finely chopped
2 cloves garlic
50g toasted **PINE NUTS (TREE NUTS)**
30g chopped parsley
1 red chilli,
1-2 tsp of ground cinnamon
2 tsp pimento or paprika
1tsp ground nutmeg
1-2 tsp ground black pepper
1 tsp salt.

Sauce:

150g light tahini* (**SESAME**)
3 tsp lemon juice
120ml water
1 clove garlic
30g unsalted butter
paprika.

*To make your own tahini simply dry bake sesame seeds in the oven for approx.10 mins and then blend with olive oil until forms a smooth paste.

ALLERGENS



TREE NUTS



SESAME

MODIFY

Use a Meat-free alternative for vegetarian and vegan options

Remove nuts and sesame if allergic

CREDIT

Recipe by: Yotam Ottolenghi
Photo by: Claire Sambolino

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METHOD & COOKING TIME:

1. Put all of the ingredients for the kofta in a large bowl and mix well.
2. With wet hands, take 1 tbsp of mix at a time and roll into a Kofta shape, place on a tray and put in the fridge to chill before cooking.
3. Meanwhile prepare the sauce by blending the tahini, water, lemon juice, garlic and salt. It should be nice and runny so add extra water if it looks too thick. Preheat the oven to 200C/180Cfan/gas 6 .
4. Heat a little olive oil in a large frying pan add the kofta and lightly fry until golden for 5-6 minutes, then transfer into an ovenproof dish.
5. Place the Kofta into the oven to finish cooking for a further 2-4 minutes. Then pour over the tahini sauce mix and pop back in the oven for a final 1-2 minutes.
6. Sprinkle some extra pine nuts and parsley over to serve.

ALLERGENS



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