

BEEF KOFTA WITH TZATZIKI



PREP & COOK TIME

30m



SERVES

4

INGREDIENTS

- 2 cloves garlic, peeled
- 2 cups mint leaves
- 1 cup low-fat Greek yoghurt
- 1 Lebanese cucumber, grated, squeezed of extra moisture
- 400 g lean beef mince
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp ground cinnamon
- 1 brown onion, peeled and quartered
- 1/2 cup flat-leaf parsley



METHOD

1. Finely chop garlic and mint
2. Transfer 1/3 of garlic and mint mixture to a small bowl and mix with grated cucumber and yoghurt to make tzatziki. Set aside.
3. Add onion and parsley to garlic and mint mixture and chop or process finely then combine with mince, spices and season with pepper.
4. Use clean hands to divide into 8 portions, shape each into a 12cm long sausage. Spray a bbq or pan with oil and heat on high. Cook kofta for 8 minutes or until cooked through, turning every few minutes.
5. Serve with tzatziki

Try serving with Lebanese bread and salad