

# Lamb Koftas

*with* homemade flatbread and a cucumber & mint yoghurt dressing

## Ingredients

To create **12 Koftas** you will need:

### For the Koftas

- **400g** minced lamb
- **2 tsp** each of cumin, coriander and fennel seeds ( $\frac{1}{2}$  for the Kofta and  $\frac{1}{2}$  for the flatbread)
- **4** large sprigs of mint - leaves finely chopped ( $\frac{1}{2}$  for the Kofta and  $\frac{1}{2}$  for the natural yoghurt sauce)
- $\frac{1}{4}$  small onion - finely chopped
- **2** garlic cloves - crushed
- Salt and pepper
- Large pinch of smoked paprika

### For the flatbreads

- **300g** plain flour
- $\frac{1}{2}$  tsp of salt
- **1** tsp baking powder
- The other half of the ground seeds from above the mix
- **1** tsp of smoked paprika
- Heaped **1** tbsp of natural yoghurt

### For the cucumber & mint yoghurt dressing

- **2** tbsp chopped mint (leftover from above)
- **1** small carton natural yoghurt (approx. 125g)
- $\frac{1}{4}$  finely chopped onion
- $\frac{1}{2}$  lemon zest and juice
- **10cm** cucumber
- Salt, pepper and smoked paprika to taste
- Salad leaves and cherry tomatoes to garnish

## Now Let's Cook

### Method for the Koftas

1. Firstly soak 12 BBQ bamboo skewers in cold water until needed.
2. Place the fennel, cumin and coriander seeds in a dry frying pan on a medium heat and toast for a minute until the aroma comes off the seeds in the pan. Then allow to cool in a pestle and mortar or a spice grinder.
3. Grind the seeds and place half this mix into the lamb Kofta mince along with some salt and pepper.
4. Add the crushed garlic, the onion, half the chopped fresh mint and mix. Once mixed add a pinch of smoked paprika, give a final mix and then divide into 12 mounds. Now place these lamb koftas around the skewer in a lollipop fashion and mould into sausage shapes so they remain on the skewer.
5. Place in the fridge until you are ready to cook them.
6. To cook simply place the skewers on a grill tray, lightly drizzle with some oil and grill or place on a BBQ for approximately 8 mins until cooked. Turning a few times for an even cook.

### Method for the flatbreads

1. Simply mix the flour, baking powder, toasted ground seeds and paprika and season with the salt.

2. Add the natural yoghurt and a little warm water to bind until this makes a dough ball in the bowl. Knead the dough well for a minute, then form into four balls.
3. Roll/flatten each ball out with a little flour to a thickness of about 4-5mm.
4. Griddle in a dry frying pan on a medium heat, or even on a low light BBQ for about 3 mins each side.

### Method for the cucumber and mint yoghurt dressing

1. Place the onion into a bowl, then zest the lemon with a fine grater and add to the bowl.
2. Slice the cucumber in half long ways and using a teaspoon remove the seeds, then dice and place in the bowl with the lemon zest and onion.
3. Simply mix in the natural yoghurt with the cucumber, mint, lemon zest and juice and season to taste with salt, pepper and paprika.

### To assemble the dish

1. Cut the flatbread into manageable slices and place on the plate. Add some crispy salad leaves.
2. Place the koftas on the top and garnish with cherry tomatoes and the dressing.
3. Finally add some ripped pieces of fresh mint to finish before serving.

Enjoy with a glass of dry white Sauvignon Blanc or an oaked red Cabernet Sauvignon!