

Crafty Koftas

Ingredients

Equipment

Weighing scales
mixing bowl
vegetable knife
red chopping board

450g Beef, lamb or pork mince
1 x 5ml spoon Ground cumin
2 x 5ml spoon Ground coriander
2 Garlic cloves
1 x 15ml spoon Fresh mint
Vegetables (to make skewers):
Carrot
Pepper
Celery
Courgette
Spring onion

You will also need:
Container to take them home in

Method

1. Line a baking tray with greaseproof paper.
Pre-heat the oven to 200°C or gas mark 6.
2. Place the beef, lamb or pork mince in the mixing bowl.
Thoroughly wash and dry hands.
3. Peel and crush the garlic. Add to the bowl.
Chop the fresh mint and add to the bowl.
4. Add the ground cumin and ground coriander to the bowl.
Use one hand to thoroughly combine the mixture.
Thoroughly wash and dry hands after touching meat mixture.
5. Peel and slice the vegetables into 10cm sticks.
Divide the meat mixture into 18 balls.
6. Carefully wrap one of the balls around the middle of each vegetable stick, shape to form an oval. Place on to the lined baking tray. Thoroughly wash and dry your hands.
7. Cook the koftas for 15-20 minutes until no pink remains and the meat juices run clear.