

Lamb Koftas

Recipe and Ingredients

One
Life
Suffolk



250g of mince- £2.60 or beef, lamb, quorn (ect)



1 tsp cumin (ground cumin- 90p)



1/2 tsp ground coriander- 90p

1/2 tsp turmeric- 90p



Add any other flavours you like into the koftas such as dried herbs, onions or chilli



1. Put the mince into a large mixing bowl



2. Add the spices and grated garlic to the mixing bowl



3. Use your hands to combine the spices and garlic



4. Once fully combined, form the mince into koftas. To make the koftas make sausage shapes and use your hands to squeeze the mince. This will leave your knuckle marks. This is a Kofta shape



5. Add the koftas to a preheated pan and cook for 3 minutes on each side. Ensure the koftas are cooked all the way through

Total cost to make healthy Lamb Koftas dish: £5.03

Based on prices in Tescos 05/07/20

Families
and
Young People