

LAMB KOFTA BALLS

Serves: 1 (Makes 4- 6 balls)

Prep time: 5 Minutes

Cooking time: 10 Minutes

Ingredients:

- 150g-200g lamb mince
- ½ small brown onion, finely chopped
- 1 tablespoon flat leaf parsley, finely chopped
- 1 tablespoon coriander, finely chopped
- ½ teaspoon chilli flakes
- pinch ground cardamon
- pinch ground coriander
- pinch ground cumin
- pinch smoked paprika
- 3 tablespoons fresh breadcrumbs
- 1 egg, beaten
- ¼ cups plain flour
- cooking oil
- **Serve with**
- Tzatziki and a wedge of lemon



*These tasty meat balls are so yummy
and so easy to make*

Method:

- Place all ingredients except the plain flour and oil into a mixing bowl and mix well
- Take a tablespoon of the meat and shape into round golf ball size patties
- Coat the balls in plain flour
- Heat the oil in a small frypan and panfry until cooked through and browned all over
- Place on serving plate with a bowl of Tzatziki and a wedge of lemon