

INGHAM'S  
Always Good

# Dinner DONE WITH MANU



## TURKEY KOFTAS

4 SERVES | 45 MINS

### WHAT YOU NEED INGREDIENTS

- 4 metal skewers
- 4 small pita breads
- 2 tablespoons olive oil
- 3 Roma tomatoes, chopped
- 2 Lebanese cucumbers, chopped
- ½ small red onion, thinly sliced
- ¼ cup fresh mint leaves, torn
- ¼ cup toasted pine nuts
- Juice of ½ lemon
- 1 cup Greek yoghurt
- 2 tablespoons finely chopped fresh mint
- Lemon wedges, to serve

#### Koftas

- 400g packet Ingham's Turkey Breast Mince
- 2 cloves garlic, crushed
- 1 ½ teaspoons each ground cumin, coriander and smoked paprika (See Tip).
- ½ teaspoon ground cinnamon
- 1 egg
- ¾ cup panko breadcrumbs
- ¼ cup finely chopped fresh parsley
- Salt and pepper, to taste



### HOW TO COOK IN A FEW SIMPLE STEPS

1. To make koftas, combine all ingredients in a large bowl. Season with salt and pepper. Using clean hands, mix well.
2. Shape 2 heaped tablespoons of mixture into a sausage shape, then repeat with remaining mixture to make 8 koftas. Thread two koftas onto each skewer.
3. Heat a barbecue grill plate or char-grill pan over high heat. Cook pita breads for about 1 minute on each side or until charred. Remove. Cover with foil to keep warm.
4. Brush koftas with half the oil. Cook on same heated barbecue plate, turning occasionally, for about 6-8 minutes, until browned all over and cooked through. Remove.
5. Meanwhile, combine tomato, cucumber, onion, torn mint, pine nuts, lemon juice and remaining oil in a large bowl. Toss to coat.
6. Combine yoghurt and chopped mint in a bowl.
7. Serve koftas on pita bread with mint yoghurt, salad and lemon wedges.

### TIPS

- You can replace cumin, coriander, paprika and cinnamon with a Middle Eastern spice blend.
- If time permits, koftas can be made up to the end of step 2, one day ahead. Store, in an airtight container in the fridge.
- Metal skewers can be replaced with bamboo skewers. Soak in water for at least 1 hour before using to prevent them from burning when cooking. Alternatively, if you don't have skewers, you can shape koftas into meatballs and pan-fry.



PRINT