



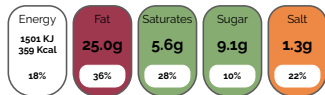
Beef & carrot koftas with
chopped salad & garlic
yoghurt dressing

WAYS  WELL

Beef & carrot koftas with chopped salad & garlic yoghurt dressing

PLU: 93222163
Recipe No.: 50184759

Per Average Serving



Adults need around 2000Kcal/84000kJ a day.
Typical values per portion: Energy 359Kcal/1501kJ.

INGREDIENTS (serves 4)

250g carrot	1 egg	For the garlic yoghurt dressing;
100g onion	For the chopped salad;	30g mint
2-3 garlic clove	300g cos/romaine lettuce	1-2 garlic cloves
500g beef mince	75g red cabbage	½ lemon
2 tsp ground cumin	1 cucumber	250g natural yoghurt
1-2 tsp ground cinnamon	100g plum tomato	40ml extra virgin olive oil
1 tsp mild chilli powder	1 avocado	1g sea salt
1-2 tsp dried thyme	50g flat leaf parsley	1g black pepper
1g sea salt	½ lemon	
1g black pepper	1g black pepper	

METHOD:

1. Peel and grate the carrot. Peel, halve and finely chop the onion. Peel and mince the garlic.
2. In a bowl add the beef mince, carrot, onion, garlic, spices, thyme, seasoning and egg and mix to combine.
3. Preheat oven to grill setting.
4. Divide the mixture into 4 pieces and with damp hands, shape each into a sausage-shaped kofta about 8cm long. Arrange on the lined baking tray and grill in oven for 10-12 mins, making sure it is cooked through.
5. For the chopped salad; Wash the cos lettuce and dry in a salad spinner, then roughly chop. Roughly chop the red cabbage into 1-2cm pieces. Half the cucumber lengthways, deseed and then chop into 1cm cubes. Dice the tomato into 1cm cubes. Half the avocado, remove the stone, scoop out the avocado flesh and dice into 1cm cubes. Pick the parsley leaves and finely chop. Juice the lemon. Place all the chopped veg in a bowl, drizzle with the lemon juice and season with freshly cracked black pepper. Finally, gently toss together.
6. For the garlic yoghurt dressing; Pick the mint leaves, then finely chop. Peel and mince the garlic. Juice the lemon. In a bowl add the yoghurt, olive oil, lemon juice, garlic and mint and mix to combine, season to taste.
7. Place kofta on a plate with the salad to the side and pour garlic yoghurt dressing in a ramekin.