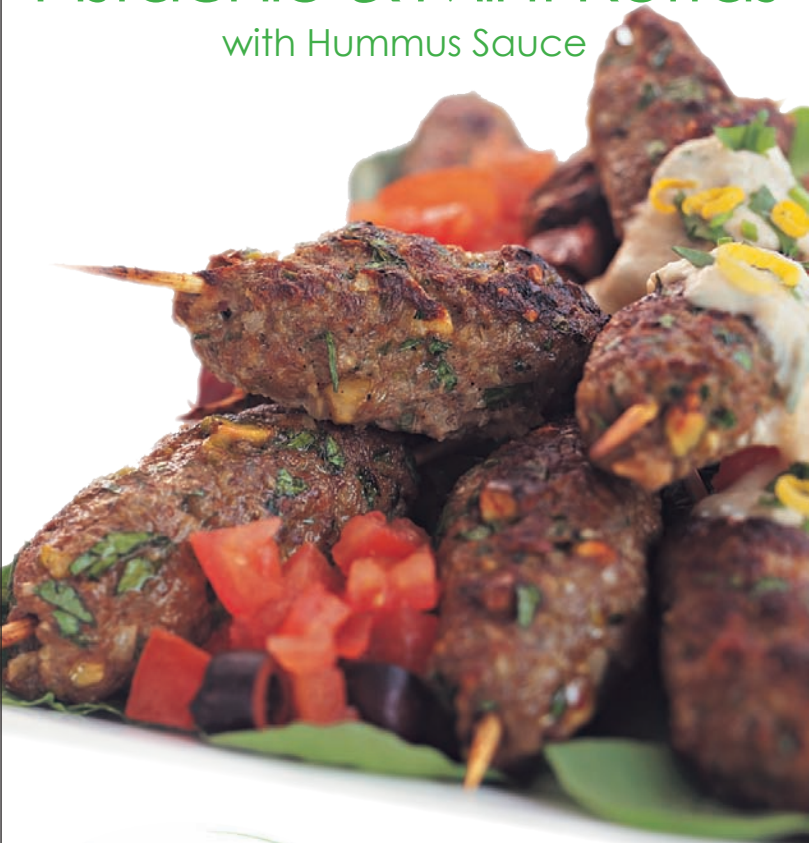


Pistachio & Mint Koftas

with Hummus Sauce



Lamb mince adds extra flavour to this easy, yet exotic meal all the family will enjoy. See over for recipe.

Pistachio & Mint Koftas

with Hummus Sauce



Ingredients

- 500g lean lamb mince
- 2 large onions, peeled & chopped
- 5-6 green chillies, deseeded
- 1 Tbsp minced fresh garlic
- 1/4 cup chopped parsley
- 1/4 cup chopped mint
- 1 tsp each allspice & cinnamon
- 1 egg
- 1 cup unsalted shelled pistachio nuts

Method

Finely chop onions in a food processor. Pulse in the chillies, garlic, parsley, mint, allspice, cinnamon and egg, and process to a smooth mixture. Season well with salt and pepper.

Add the lamb and pulse to make a smooth mix. Pulse in the pistachio nuts. Mould the mixture evenly onto the ends of skewers. Grill for 10 minutes, turning regularly, until brown and cooked, or BBQ on a lightly greased BBQ plate, turning regularly. Serve the lamb over slices of tomato, olives and drizzled with a little olive oil. Accompany with hummus if desired. Serves 4.

Hummus Sauce: Mix together a 200g pot of hummus, 2-3 Tbsp lemon juice, 1/2 tsp lemon zest and 1-2 Tbsp freshly chopped coriander or parsley.

Recipe by Allyson Goffon

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