



Lamb Kofta & Green Sauce

WITH FLAXSEED OIL



INGREDIENTS

Kofta

750g lamb mince
1/2 large red onion, grated
1 clove garlic, finely chopped
1 tsp cumin, ground
1 tsp allspice, ground
1 tsp smoked paprika
1/2 tsp coriander seeds, ground
1/4 cup toasted pistachios, finely chopped
1 cup mint leaves, chopped
8 flatbreads or wraps

Green sauce

1 cup natural yoghurt
2 tbsp Plenty Flaxseed Oil
2 tbsp lemon juice
2 cloves garlic, finely grated
1 - 1 1/2 tsp salt (or to taste)
1 cup basil leaves, finely chopped
1 cup mint leaves, finely chopped
1/2 cup dill leaves, finely chopped
1/2 cup chives, finely chopped

Garnish

4-8 lemon wedges
Handful of mint leaves

Serves 4

Complexity - simple

20 minutes prep

1 hour marinate

10 minutes cook

Salad

3 small Lebanese cucumbers, sliced into ribbons
1 cup fresh parsley leaves, chopped roughly
1/4 cup toasted pepitas

Salad Dressing

1 tbsp Plenty Avocado Oil
1 tbsp apple cider vinegar
1 tsp seeded mustard
1/4 - 1/2 tsp sea salt (or to taste)

METHOD

1. To make kofta green dressing sauce, combine green sauce ingredients together and mix well. Allow the herbs to break up a little as you mix. This makes the green bleed into the yoghurt, making our green sauce! Set aside.
2. To make salad dressing, combine Plenty Avocado Oil, apple cider vinegar, mustard, and salt into a jar. Shake well and set aside.
3. In a large bowl, mix all kofta ingredients together well, cover and refrigerate for an hour so the flavours infuse into the meat.
4. Shape kofta meat around a skewer into an oblong shape and set onto a lined plate ready for grilling. Once all koftas are shaped, heat a little Plenty Heart Smart Oil over a medium to high heat pan and start cooking kofta in batches. Cook for a couple of minutes on all sides until the lamb is cooked to medium. Remove from heat and plate. Garnish with plenty of green sauce, lemon wedges and mint.
5. In a mixing bowl, combine all salad ingredients and toss well. Drizzle with some of the dressing and toss again. Plate and serve with kofta extra green sauce and the flatbreads.

You can find a selection of our "everyday gourmet" oils at Woolworths. Our Walnut and Macadamia oils are also available at Coles. To find out where else you can buy our oils go to: <https://www.plentyfoods.com.au/where-to-find-plenty-oils/>





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TIPS

- Make extra green sauce and store it in the fridge for dolloping onto prawns, chicken, or eggs throughout the rest of the week.
- Keep this whole dish gluten free by serving gluten free flatbreads.